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SHARING.

'I am tired of lying by omission'

Close friend of Ellen Page says she was proud and tearful while watching the Halifax actress announce she is gay

PAGE 4

WHAT TO WATCH IN SOCHI

- **11 a.m.** Tessa Virtue and Scott Moir go for another gold in ice dance. They sit in second, but just three points back after the short program.
- **12:15 p.m.** Canada has three teams in the running for the podium in two-man bobsled, including Justin Kripps and Bryan Barnett in Canada 3 who sit in fourth place after two runs.

- **1 p.m.** Canada's women's hockey team face Switzerland in the semifinals, as they continue their run at four gold medals in the last four Olympic Games.

GREG DOWNS/FOR METRO

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See inside.



GREAT FINISH CANADA

Canadian defenceman Drew Doughty, centre, celebrates with teammates John Tavares and Jeff Carter after scoring the game-winning goal in overtime against Finland at the 2014 Sochi Winter Olympics on Sunday. The win means Canada finishes the preliminary round 3-0 and advances directly to the quarter-finals. Story, page 16 • RICHARD NATHAN DENETTE/THE CANADIAN PRESS

Fifteen storms and counting

Wild winter. HRM crews have dealt with more than 35 weather events



**RUTH
DAVENPORT**
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An HRM official says there were about 200 trucks on the road helping salt, sand and clean up after the 36th bad-weather event of the season.

A winter storm blasted the Maritimes Saturday and into Sunday, bringing wet snow, freezing rain and ice pellets to metro Halifax.

HRM winter works acting superintendent Darrin Natolino said it was the 15th official "declared" event this winter, in addition to 21 minor "undeclared" events.

"We categorize a declared event where all our resources are out, hourly equipment, loaders, everything," he said. "Undeclared events are the more minor type storms that we handle with ... our in-

house staff and some hourly trucks."

Natolino said more than 30 events in a season is highly unusual for HRM, and said there hasn't been such a busy winter in several years.

He said Saturday's storm was a challenge, particularly when temperatures started to plummet on Sunday.

"Obviously, anything that was wet freezes up in a hurry," he said. "The roads that we plowed through the night are still covered in a layer of slush that's now refreezing, so it's requiring a reapplication or re-treatment of salt or sand."

Despite the higher-than-usual number of storms and bad weather systems, Natolino said the snow removal budget is in good shape.

"The numbers were given to me last night, they indicate that we're two-thirds of the way through our budget and two-thirds of the way through the season," he said. "So overall I'm fairly confident that there's nothing to be concerned about there."

MORE COVERAGE, PAGE 3

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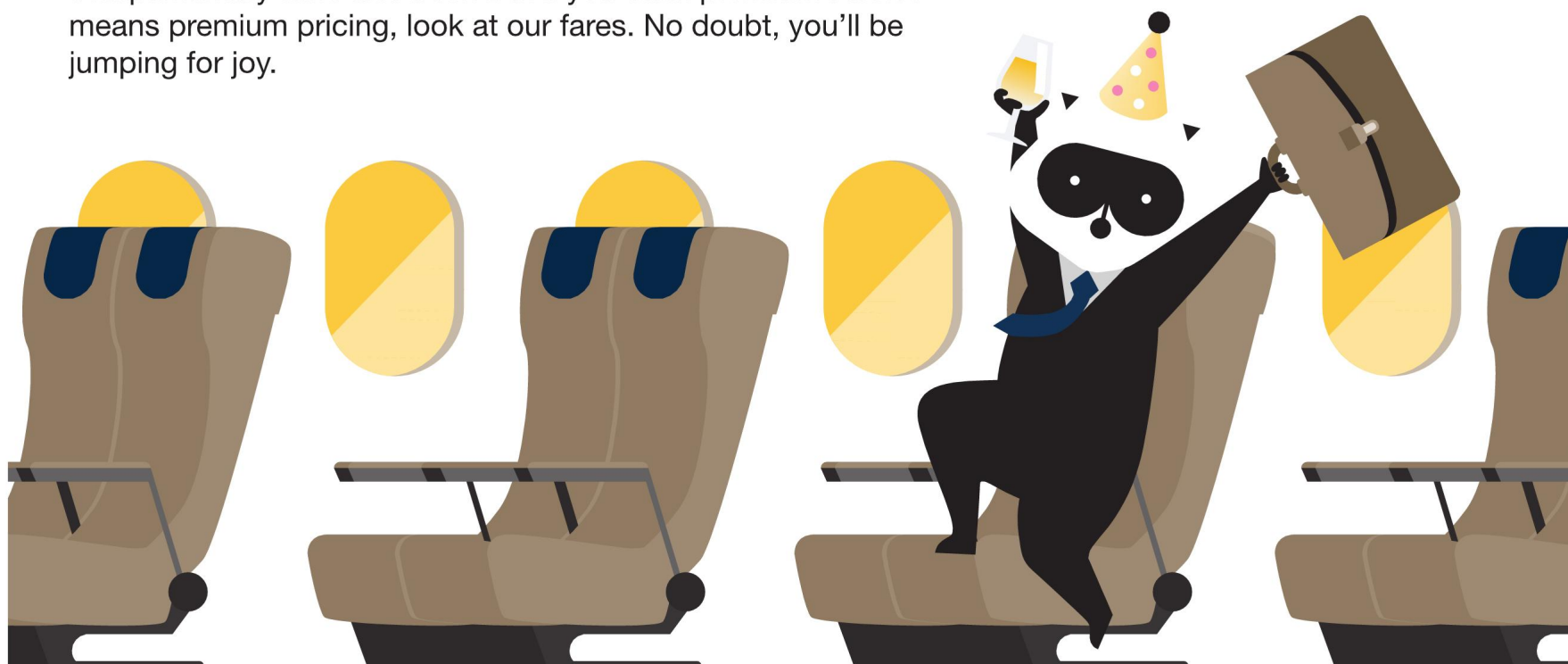
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U-brew. Nova Scotia to introduce new laws

The Nova Scotia government has announced it is moving forward on legalizing U-vint



The province says U-vint and U-brew will be legalized.
METRO FILE

and U-brew operations in the province. "I am confirming that a levy on wine brewed at U-vints is not the right move for Nova Scotia," said Diana

Whalen, minister of finance and treasury board, in a news release.

This statement followed a consultation period on standards and regulations for ferment-on-premises businesses, which closed earlier this week. The government said it expects to introduce new legislation in the spring. **METRO**

Hit-and-run. Police look for minivan

Halifax police are on the lookout for a silver minivan following a hit and run Saturday morning in Dartmouth that left a second vehicle heavily damaged. "Somebody suggested a Chevy Venture, but we're really not sure on the make and model," a police spokeswoman said about the suspect's vehicle.

The two-vehicle crash happened at the intersection of Portland and Pleasant streets shortly before 9 a.m.

Neither of the two occupants in the hit vehicle was injured. **METRO**

Highway 103. Two injured after SUV rolls

Two people from Halifax suffered minor injuries after an SUV rolled over on Highway 103 Sunday morning.

The RCMP in Tantallon were called to the single-vehicle accident around 10:15 a.m. near Exit 4 in Hubley. Police say the SUV was travelling inbound when it lost control and flipped.

The driver, a 31-year-old woman, and a 27-year-old male passenger were treated on scene for minor injuries.

Road conditions were icy and snowy at the time. **METRO**



A man carries his shovel as he bikes through the Halifax Common on Sunday in near-whiteout conditions. JEFF HARPER/METRO

Latest storm just one of many

'Typical weather'
Forecasters say nature, intensity of weekend winter blast wasn't unusual for February



RUTH
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Environment Canada forecasters say the latest blast of wintry weather was a pretty good storm — but nothing out of the ordinary for the Maritimes in mid-February.

A deep low-pressure system marched up the eastern seaboard Saturday and walloped New Brunswick and Nova Scotia with everything from heavy snow to ice pel-

lets and gale-force winds.

"(It's) absolutely typical weather for the Maritimes," said Environment Canada meteorologist Jeremy March on Sunday. "I don't think we've had as many active systems in the past four, five years, but any time this time of year you get cold air coming down across the eastern seaboard, it's a recipe for a storm."

The storm blanketed New Brunswick and Prince Edward Island with snow overnight Saturday and brought a mix of rain, freezing rain and snow to Nova Scotia.

Nova Scotia Power says about 4,800 customers were without power on Sunday, although that number had dropped to about 500 by the afternoon.

Snowfall

50.1 cm

Average snowfall for February at Halifax Stanfield International Airport.

23.7 cm

Snowfall recorded at Halifax Stanfield International Airport so far this month.

Temperatures plummeted along the coastline on Sunday, prompting the weather agency to issue flash-freeze warnings in addition to freezing rain and wind warnings.

"With a deep low like that, sometimes you get some warmer air off the Atlantic ... and that's what happened for Eastern Nova Scotia and Cape

Breton, it just warmed up enough," said March. "Then we knew there was going to be a big temperature drop and that's why we issued flash freeze warnings."

Despite slippery conditions on the roads, Halifax police said traffic accidents were minimal.

"There's been next to no traffic on the roads at all," said Halifax Regional Police Staff Sgt. Reid McCoombs Sunday afternoon. "I'll over-estimate and say maybe three or four accidents since mid-night."

March said the weather would be clear, but cold, on Monday and Tuesday before another system brings five to 10 cm of snow on Tuesday night.

WITH FILES FROM THE CANADIAN PRESS

Man accused of threatening to kill ex-girlfriend

Accused in custody

The 53-year-old accused was held in custody over the weekend and will appear in Halifax provincial court on Monday.

A 53-year-old man has been charged with attempted murder after police say a woman was choked and assaulted by an ex-boyfriend who threatened to kill her.

Police were called to the 5400 block of Uniacke Street in Halifax just before 7 p.m. on Saturday.

According to police, the suspect entered the home of his 40-year-old ex-girlfriend, assaulted and choked her,

and said he was going to kill her.

The victim was able to flee the home and went to a

neighbour's home, where police were called.

When officers arrived at the victim's address, police say the man threatened to kill himself with a knife, but eventually surrendered.

The woman refused to be treated on the scene by paramedics. **METRO**

Page's coming out 'perfect timing', says close friend

Reaction. Local resident Lil MacPherson hopes news will lead to many dinner-table talks

Lil MacPherson has been close friends with Ellen Page for close to a decade and says she was proud and tearful while watching the Halifax actress announce she is gay.

A Hollywood star known for her work in Juno, X-Men and other blockbusters, Page announced her sexuality during a speech at the Time to Thrive conference on Valentine's Day in Las Vegas.

"It was perfect timing," said MacPherson, owner of The Wooden Monkey, a restaurant in downtown Halifax. "They encouraged her. To stand amongst people that have gone through the same struggles, they understand her and she understands them."

MacPherson says Page is an incredible actress who has

Sweet tweet

Page responded on her Twitter Sunday: "Just wanted to take a moment to say how moved I am by all the support. I feel profoundly grateful right now. xxxx"

earned her wings. She believes the decision to come out will only impact the actress positively.

"It's more important for her to be who she is, instead of living a lie. She said she couldn't do it anymore," said MacPherson. "Nova Scotia should be proud, that's our little gem."

Page told the crowd she was gay by the end of her eight-minute speech, saying she feels a personal obligation and a social responsibility to make a difference and help others have an easier and more hopeful time.

"I am tired of hiding and I am tired of lying by omission," Page said in her speech.

"I suffered for years because I was scared to be out. My spirit suffered, my mental health suffered and my relationships suffered. And I'm standing here today, with all of you, on the other side of all that."

Social media have been rife with reaction toward Page's announcement, including from her friend and Raising Hope actress Shannon Woodward, who tweeted, "I have never been more proud of a human than I am of @EllenPage right now."

MacPherson isn't disclosing how long she's known Page is gay but says she wasn't shocked by the announcement. She hopes the news will create conversations in homes, where kids can find courage and speak out.

"It's really important for parents to understand this is not a phase, not a fad. It's a time for our society to realize this is just who they are," she said. **DESERIE MURPHY/FOR METRO**

WITH FILES FROM
TORSTAR NEWS SERVICE



Actress Ellen Page came out as a lesbian on Valentine's Day, and the reaction has been overwhelmingly positive.
JASON KEMPIN/GETTY IMAGES FILE

Youth-led Hope Blooms getting free greenhouse



Members of Hope Blooms, from left, Christopher Ring, Mamadou Wade, Kolade Kolawole-Boboye and Bocar Wade pose for a photo inside the office greenhouse last year. **JEFF HARPER/METRO**

After their resounding success on CBC's Dragons' Den last year, the kids of Hope Blooms have another reason to smile.

Build Right Nova Scotia — a co-operative of unionized contractors and tradespeople — has announced it will build a top-of-the-line greenhouse for the youth-run community-based social enterprise.

"It was beyond my wildest dreams," said Jessie Jollymore, founder of Hope Blooms.

"It's allowing us a bigger capacity to both grow the business and grow our scholarship fund."

Hope Blooms is a commun-

ity garden and salad-dressing business run by inner-city youth in Halifax's north end. More than 40 kids aged nine to 15 are involved, all from the surrounding community.

Last fall the group appeared on the reality TV show Dragons' Den to pitch its business idea and ended up going home with \$40,000.

Now, instead of going toward a new greenhouse, half of that money will be invested in a scholarship fund and the other half in new equipment, including a bottling machine and dressing mixer.

"I think it's really great

Projected start date

The team has yet to settle on the design details and final location for the greenhouse, but it hopes to break ground sometime in the spring.

that they're doing this for us," said the business's 12-year-old public-relations person Tiffany Calvin.

"It's going to mean a lot."

Calvin has been involved with Hope Blooms since it began in 2008.

"It was a natural fit," said

Trent Soholt, project manager with Build Right.

"This is just such an excellent opportunity for us to be involved with a community activity that demonstrates really an entrepreneurial spirit that needs to be fostered."

Soholt said the kids from Hope Blooms are leading the project, proposing forward-thinking features such as passive solar and compost-fuelled heating.

"It's inspiring," he said. "For individuals of that age to be so clear in their vision, it's really remarkable."

GEORDON OMAND/FOR METRO

Windsor

Family homeless after blaze

A weekend house fire that appears to have started in a garage has left a Nova Scotia couple with two small children without a home.

Windsor firefighters were called out to combat a structure fire Saturday on Tongue



Firefighters taking on the blaze.
HANTS JOURNAL

Hill Road around 12:45 p.m. When they arrived on scene, flames were coming through

the garage doors.

Windsor fire Chief Scott Burgess said the home sustained "heavy damage" but could be salvaged.

The Red Cross says the couple, a 20-month-old boy and a seven-year-old boy are staying with relatives and receiving help from the organization as they lost most of their belongings.

HANTS JOURNAL

Shelburne Co.

Porch lights to commemorate Miss Ally tragedy

Homes across Shelburne County will keep their porch lights on for the next few days to remember the fishermen who died when the Miss Ally capsized a year ago.

This time last year, an entire community experienced a roller-coaster of emotions when news broke that the fishing boat was in trouble. Worry turned into fear and hope faded into grief.

Five were lost on Feb. 17, 2013: Capt. Katlin Nickerson, Joel Hopkins, Tyson Townsend, Billy Jack Hatfield and Steven Cole Nickerson.

SHELBURNE COAST GUARD

Lunenburg Co.

Man, 60, killed in highway crash

The RCMP say a 60-year-old man died in a single-vehicle accident on Highway 10 in Lunenburg County Friday.

Police believe the man's vehicle crossed the road and ended up in a ditch.

THE CANADIAN PRESS

Moving fees

Canadian defence minister asks for expense probe

The defence minister is asking how his own department approved in-city moving expenses of more than \$72,000 for a former general who is now a Liberal adviser. In a statement, Defence Minister Rob Nicholson says the bill for retired lieutenant-general Andrew Leslie's move from one Ottawa house to another appears grossly excessive. **THE CANADIAN PRESS**

Get up, stand up

Rihanna gets behind P6 campaign

A campaign for gay rights in Russia and at the Sochi Games is getting some star backing from Rihanna. A photo posted on Instagram and linked to Rihanna's verified Twitter account showed the "We Found Love," "Diamonds" and "Umbrella" singer wearing a hat with the logo P6. The Principle 6 campaign aims to challenge Russia's crackdown on gay rights, including its law banning

so-called gay "propaganda." It takes its name from the sixth of seven "fundamental principles" listed in the International Olympic Committee's charter.

THE ASSOCIATED PRESS



Rihanna GETTY IMAGES FILE

Human rights

Obama unhappy with Uganda's anti-gay stance

U.S. President Barack Obama says pending steps by Uganda to further criminalize homosexuality will complicate America's valued relationship with the East African nation. In a written statement, Obama says legislation that Uganda plans to pass will reflect poorly on the country's commitment to protecting the human rights of its people. **THE ASSOCIATED PRESS**

Birthday mess

Student goes comatose after eating pot cake

A university student in Spain's capital went into a comatose state early Sunday after he ate a birthday cake baked with marijuana, while nine others were also hospitalized, officials said. The comatose man wasn't responding to stimulus when admitted to a Madrid hospital, but he later recovered, a city emergency services spokesman said. **THE ASSOCIATED PRESS**

Olympic chatter

"To act like there aren't a lot of other very controversial things at play here, it's ignorant. It's not real, it's not a reality. It's not my reality."

Canadian snowboarder Michael Lambert, saying athletes need to see outside the Sochi Olympics bubble.

P.E.I. confirms first case of fatal pig virus

The disease. It first emerged in Canada less than a month ago at a southwestern Ontario pig farm

A professor at a Prince Edward Island veterinary college says his worst fears have been realized with confirmation of a case of the deadly pig virus porcine epidemic diarrhea on an Island farm.

"We were worried about the virus even before this break. We were hoping it wouldn't come," said Dan Hurnik, a professor of swine health management at the Atlantic Veterinary College.

The province's Agriculture Department says the National Centre for Foreign Animal Disease in Winnipeg has confirmed the presence of the virus, a highly contagious disease that has already killed millions of piglets in the United States.

The province is prepared to prevent the spread of the virus, Hurnik said.

"(Producers) have had training sessions on biosecurity, so what we're doing is reinforcing that training."

Hurnik said an investigation is underway to determine how the virus arrived at the farm, which has not been identified.

The Canadian Swine Health Intelligence Network issued a bulletin on Thursday that said a case of the suspected virus was detected by a P.E.I. veterinary lab overnight Wednesday.

The disease, which poses no risk to human health or safety, first emerged in Canada less than a month ago at a southwestern Ontario pig farm.

That number has since risen to 16 affected farms in Ontario and one in Manitoba.

The Canadian Swine Health Board said Saturday that the virus would be spreading more swiftly throughout the country if it weren't for stricter measures taken after the U.S. outbreak last May. **THE CANADIAN PRESS**



The deadly pig virus that has already killed millions of piglets in the U.S. has now shown up in P.E.I. SPENCER GREEN/FILE/THE CANADIAN PRESS/THE ASSOCIATED PRESS



Dozens dive in for annual Quebec Carnival snow bath

Snow bather Stephane Rioux, centre, plunges into fresh snow at the Quebec Winter Carnival annual snow bath on Saturday in Quebec City. Rioux was participating in his 21st snow bath as dozens of people joined in for the annual event. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Voting rights. U.S. lawyer warns Canada about changing voter ID rules

A participant in the bruising American battle over voting rights warns that Canada is treading on dangerous ground with its proposed electoral reforms.

One of the lawyers who helped strike down the voter ID law in Pennsylvania last month says legislation tabled by the Harper government will inevitably wind up depriving some people of their voting rights.

The Canadian bill would still allow 39 types of ID. Legislation

would simply get rid of the practice where one voter can vouch for another one's identity. In Canada, Chief Electoral Officer Marc Mayrand says the end of vouching would affect more than 100,000 voters. They come from different walks of life: young people who move around a lot, aboriginals with no formal papers proving their on-reserve address and elderly people who have just moved into retirement homes.

THE CANADIAN PRESS

Climate change. Kerry tells deniers to wake up

Climate change may be the world's "most fearsome" weapon of mass destruction and urgent global action is needed to combat it, U.S. Secretary of State John Kerry said on Sunday, comparing those who deny its existence or question its causes to people who insist the Earth is flat.

In a speech to Indonesian students, civic leaders and government officials in Jakarta, Kerry laid into climate change skeptics, accusing them of using shoddy science and scientists to delay measures needed to reduce emissions of

Quoted

"We don't have time for a meeting anywhere of the Flat Earth Society."

U.S. Secretary of State John Kerry

greenhouse gases at the risk of imperiling the planet. He also went after those who dispute who is responsible for such emissions, arguing that every one and every country must take responsibility and act immediately.

THE ASSOCIATED PRESS

Can you hear me now ... in prison? Contraband cellphones on the rise

They're hidden in babies' diapers, ramen noodle soup packages, footballs, soda cans and even body cavities.

Not drugs or weapons, but cellphones. They're becoming a growing problem in prisons across America as they are used to make threats, plan escapes and for inmates to continue to make money from illegal activity even while behind bars.

"You can pick states all across the country and you'll see everything from hits being

ordered on individuals to criminal enterprises being run from inside institutions with cellphones," said Michael Crews, head of Florida's Department of Corrections.

When two murderers serving life sentences escaped from Florida Panhandle prison last fall, a search of their cells turned up a cellphone used to help plan the getaway, drawing attention to the burgeoning problem. It was just one of 4,200 cellphones confiscated by

prison officials last year, or 11 per day.

"The scary part is, if we found 4,200, we know that's not all of them," Crews said.

And while prison officials are trying their best to keep cellphones out, it's not such an easy task. Jamming cellphone signals is prohibited by federal law, and it costs more than \$1 million each for authorized towers that control what cellphone calls can come in and out of prisons. **THE ASSOCIATED PRESS**



A cellphone and cigarettes that were found inside a camouflage package on Jan. 25 near an undisclosed Florida state prison. **THE ASSOCIATED PRESS**

Craigslist suspect: I killed at least 22 others

Jailhouse interview.

19-year-old claims she committed murders across the U.S. as part of satanic cult

A woman charged along with her newlywed husband with killing a man they met through Craigslist admitted to the slaying in a jailhouse interview with a newspaper and said she has killed more than 20 other people across America, claims which police said they are investigating.

In an interview with The Daily Item in Sunbury, Pa., 19-year-old Miranda Barbour said she wants to plead guilty to killing Troy LaFerrara in November. She also said in the interview she has killed at least 22 others from Alaska to North Carolina in the last six years as part of her involvement in a satanic cult.

"I feel it is time to get all of this out. I don't care if people believe me. I just want to get it out," Barbour told the newspaper for a story published Saturday night.

Court proceedings

Miranda Barbour's attorney asked a judge last week to toss out statements she made before she was charged. Public defender Ed Greco said in the motion that Barbour wasn't afforded an attorney despite repeated requests during two police interviews.

- Barbour said in the jailhouse interview that she wanted to plead guilty at her arraignment, but that Greco pleaded not guilty for her.

Sunbury police Chief Steve Mazzeo told the newspaper that investigators were aware of Miranda Barbour's claims of involvement in other murders. He said they are "seriously concerned" and have contacted police in other jurisdictions.

In a statement issued Sunday, the FBI's Philadelphia division said it had been in contact with Sunbury police and "will offer any assistance requested in the case."

THE ASSOCIATED PRESS



Miranda Barbour is led out of the courthouse after her preliminary hearing in Sunbury, Pa., on Dec. 20. Barbour is charged along with her newlywed husband Elytte Barbour in the murder of a man they met through Craigslist. **CHRISTINE BAKER, PENN.LIVE.COM/THE ASSOCIATED PRESS FILE**

Egypt

Tourists killed in bus bombing

An explosion tore through a bus filled with South Korean sightseers in the Sinai Peninsula on Sunday, killing at least four people and raising fears that Islamic militants have renewed a bloody campaign to wreck Egypt's tourism industry.

The bombing near the tip of the Red Sea's Gulf of Aqaba was the first attack against tourists in Sinai in nearly a decade.

There was no immediate claim of responsibility. But the blast bore the hallmarks of attacks blamed on the al-Qaida-linked militant groups that have been battling government forces in Sinai's restive north for years.

THE ASSOCIATED PRESS

Pakistan

Bomb derails train, eight dead

A bomb placed by an ethnic separatist group derailed a train in southwest Pakistan on Sunday, killing eight people, police and the militants said.

Three of the dead were children and another 20 people were wounded by the

blast in Kashmir district, which caused several train cars to run off the track, said police official Mohammad Azeem.

Kashmir is in Sindh province but adjoins insurgency-hit Baluchistan. One of several ethnic Baluch separatist groups operating in the resource-rich province, the Baluch Republican Army, claimed responsibility.

THE ASSOCIATED PRESS

In pictures



1 Ashes, ashes. Volcanic fallout

A man waits for evacuation Sunday following an eruption of Mount Kelud, in Malang, East Java, Indonesia. The eruption late Thursday killed four people and sent ash falling as far as 600 kilometres away. **TRISNADI/THE ASSOCIATED PRESS**

2 Not-all-happy birthday. Protest

A protester burns a placard with defaced photos of North Korean leader Kim Jong-un and the late leader Kim Jong-il during an anti-North Korea rally in Seoul, Sunday. North Korea marked the anniversary of the latter's birth on Sunday. **AHN YOUNG-JOON/THE ASSOCIATED PRESS**

3 Unusual sight. Record snowfall

The tail of a plane sticks out of the sagging roof of a hangar after heavy snowfall in Yamamo, near Tokyo, Sunday. The second heavy snowfall this month to hit Japan has left as many as 12 people dead. **KYODO NEWS/THE ASSOCIATED PRESS**

4 Surfacing. Miners rescued

A trapped illegal miner at a disused gold mine shaft near Benoni, South Africa, is brought to the surface Sunday. Rescue workers escorted at least 11 miners to safety after they were trapped by debris. **THE ASSOCIATED PRESS**

5 In came the flood. Hello, Thames

Houses are inundated with floodwater in Staines-Upon-Thames, England, Sunday. Housing near the river Thames has suffered a week of flooding after the river burst its banks on Feb. 10. **PETER MACDIARMID/GETTY IMAGES**

2101: Drawing homes for a space odyssey

The ultimate trip.
Calgary space artist designing conceptual habitats for a one-way mission to the red planet



Bryan Versteeg hasn't stopped drawing ever since he got his first crayons and left marks all over the walls as a child —

all the while dreaming of someday living in space.

He still remembers that sketch books and drawing pencils were the predominant gifts on his fifth and sixth birthdays.

So began the career of the 38-year-old Calgary space artist who's becoming known for his futuristic out-of-this-world illustrations.

Warp forward to Versteeg's recent illustrations of what a human habitat on Mars would eventually look like. His Mars One conceptual designs have appeared in thousands of articles on the Internet.

Versteeg started working on the Martian space habitat after he was approached by the founders of the Mars One Foundation, which is planning a one-way mission to the red planet.

Versteeg has worked in the



Bryan Versteeg's artist renderings, clockwise from top: A Martian space habitat; outside Kalpana space station; inside Kalpana space station. BRYAN VERSTEEG/SPACEHABS.COM/HANDOUT/THE CANADIAN PRESS

graphics industry for more than 20 years, as a conceptual artist in the architectural and engineering fields.

In 2011, he founded Spacehabs.com in order to focus on the conceptual visualization for space exploration.

One of the projects he has been working on for about two years is his "Kalpana One"

Space Station.

It's named after Kalpana Chawla, one of seven astronauts killed when U.S. Space Shuttle Columbia broke apart while returning to Earth in February 2003.

"Kalpana One" is Versteeg's idea of what living in outer space could actually look like.

Versteeg referred to his

greenery-filled "Kalpana One" space station as "2101" — 100 years after the setting of Stanley Kubrick's science-fiction masterpiece.

"I know I've always wanted to live in space and so it doesn't need to be all that incredible for me to want to live there," Versteeg said.

THE CANADIAN PRESS

Sochi. The essential thing is not to have conquered, but to have tweeted ads well?

Between photos and insights about their Olympic experience, some Olympians are turning over their social media accounts to sponsors, agreeing to quotas of postings on Twitter and Facebook and letting other people send commercial messages in their name.

The agents for U.S. figure skaters Ashley Wagner and Gracie Gold both say sponsors draft some of their tweets, plugging their brands.

"This is the first Olympics where I actually have a social media calendar, where an athlete has to tweet or mention something on a given day," Gold's agent, Yuki Saegusa, said in an interview.

"We get a list of tweets or social media things that need to be posted and then we approve them for her," said Saegusa, senior vice-president for Olympic clients at sports management giant IMG.

Although they "encourage" Gold to post the pre-packaged commercial tweets to her 65,000 followers herself, sometimes others do it for her.

"We want it to be from her point of view, and from her mouth and from her fingers. So we try to get her to do them — mostly," Saegusa said.

"We're in a very new age now where a lot of advertising, or PR, or promotions, is social media. That's becoming a very important aspect of marketing."

Wagner's IMG agent, David Baden, said athletes' sponsor-



Ashley Wagner's agent says sponsors plug their wares on the figure skater's Twitter account. THE ASSOCIATED PRESS FILE

A gold in advertising?

The verified accounts of both U.S. figure skaters Gracie Gold and Ashley Wagner — @GraceEGold and @AshWagner2010 — have referenced their own and US Olympic Committee sponsors, in tweets and retweets.

- It's not clear which recent postings were paid for, but after the Feb. 7 opening ceremony Gold sent out an Instagram photo of herself holding a lipstick applicator. "Couldn't forget the red lips," it read.

ship deals are now starting to specify "how many tweets, how many Facebook mentions and even Instagram" photos they must post.

THE ASSOCIATED PRESS

Breaking glass ceiling

Saudi newspaper names first female editor-in-chief

For the first time in Saudi Arabia, a woman has been named editor-in-chief of a daily newspaper published in the kingdom.

The English-language Saudi Gazette announced on its website that Somayya Jabarti will take the helm at the newspaper.

Her predecessor Khaled Almaeena wrote on Sunday that Jabarti has worked with him for almost 13 years and is a dedicated journalist. THE ASSOCIATED PRESS



HOW TO ROLL
Alison Griffiths
Will return next Monday

Peña Nieto, Harper and Obama. Are Three Amigos turning into frenemies?

Prime Minister Stephen Harper won't be bringing the news his Mexican host wants to hear, nor hearing any himself from U.S. President Barack Obama, as North America's beleaguered Three Amigos converge on Mexico this week.

Officials say Harper will not announce an end to Canada's contentious travel visa on Mexico — an omission that will make the prime minister's trip "an unmitigated disaster," says one analyst who has been advising the Mexican government.

Harper, meanwhile, can expect the cold shoulder from Obama on a major Canada-U.S. irritant: the

long-stalled American decision on whether to approve the Keystone XL pipeline, which would pump Alberta oilsands bitumen to the southern Gulf Coast. Obama's unwavering message, according to White House officials? We'll let you know when we've made up our minds.

Caught in the middle will be President Enrique Peña Nieto, who is keen to showcase his country's growing prosperity while kick-starting an ambitious new phase of the moribund Three Amigos club to leverage the newfound energy wealth of all three countries.

THE CANADIAN PRESS



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ANOTHER KIND OF DISCRIMINATION

Last week, the Nova Scotia Barristers' Society heard unprecedented arguments about whether to recognize graduates from a new law school at Trinity Western University, a privately-funded British Columbia Christian college.

The issue isn't whether graduates will be competent to practise law. The Federation of Law Societies of Canada gave the program its preliminary seal of approval, finding "no public interest reason to exclude future graduates ... from law society bar admission."

B.C.'s Advanced Education department reviewed the school's curriculum and staffing plan and determined it "met the degree program quality assessment criteria." Its graduates "could meet the national standards to practise law."

The issue is whether the college should be allowed to require all students, faculty and staff to sign a "commu-



URBAN COMPASS

Stephen Kimber

halifax@metronews.ca

ity covenant" that includes a clause requiring them to abstain from "sexual intimacy that violates the sacredness of marriage between a man and a woman."

More than two dozen lawyers, law school profs and legal advocates showed up for the public airing of the issue. More than a hundred filed written submissions.

Most oppose recognition.

Allowing its graduates to practise here, summed up Dal Law Prof. Elaine Craig, would be to condone "blatant and explicit discrimination" against the LGBT community, contrary to Canada's Charter values.

The covenant may indeed violate the Charter, although the private school could counter-claim preventing it from establishing its own moral ground rules violates its freedom of religion. Those are arguments better hashed out in court.

But denying qualified graduates of an accredited law

Not how the system works

Do we really believe lawyers should only represent those they agree with? If so, we're in big trouble.

program the right to practise law in this province seems a kind of discrimination too.

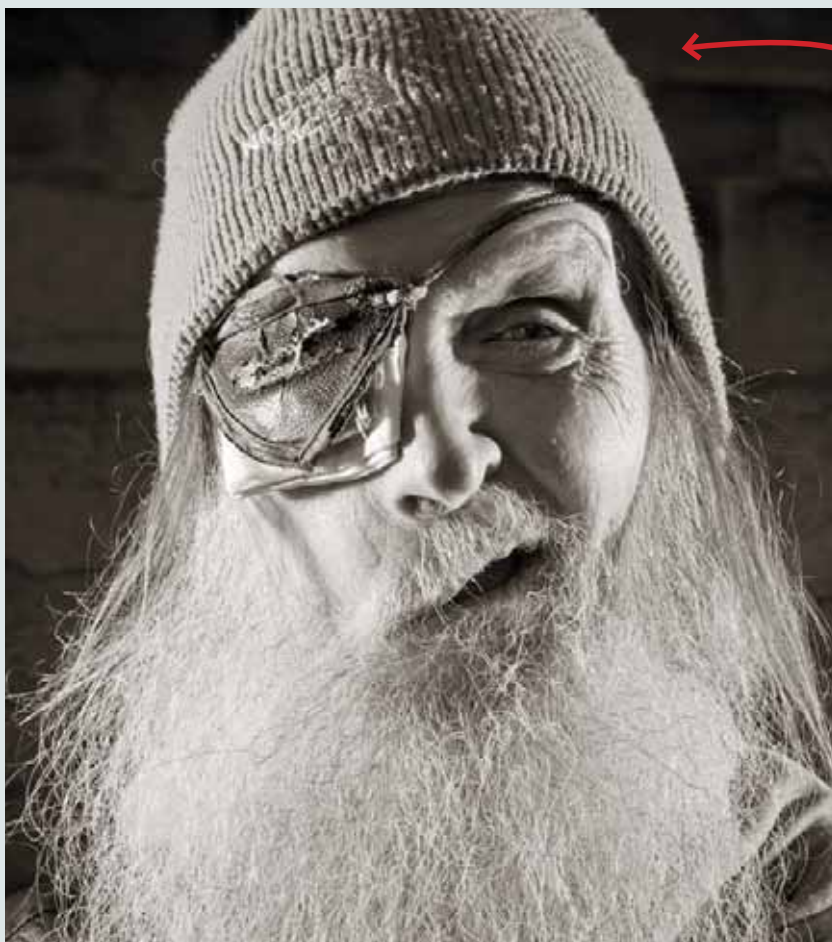
Is the argument that Trinity Western lawyers can't adequately represent LGBT clients because they once signed a covenant that may have simply reflected their own sexual values? Do we really believe lawyers should only represent those they agree with? If so, we're in big trouble.

As Kevin Kindred, a Halifax lawyer and prominent gay rights activist — and one of the few to argue in favour of recognizing Trinity Western grads — explained to a reporter last week: "I don't think we can presume they give false legal education or are unable to teach students the same ethical principles that I learned in law school."

Case — should be — closed.

ZOOM

0 brother, where art thou?



JONATHAN HAYWARD / THE CANADIAN PRESS

Long-lost sibling seen in exhibit

It had been nearly 12 years since Bill Olsen, 60, had seen his brother. He didn't know if Bruce Sauer, who left home at 16 to pursue a career in music, was alive or dead until a Canadian Press photo feature on the Downtown Eastside was exhibited last year. A photo booth was set up for residents to pose for pictures.

Olsen recognized a grey-haired man with a beard and a patch over one eye.

"I haven't heard from my brother and there he is. I miss having him in my life," said Olsen. **THE CANADIAN PRESS**

Hoping to reconnect

Olsen is teaching in Nunavut, but hopes to travel to Vancouver to meet with his brother when he returns to his home in Hanna, Alta., in June.

He is desperate to reconnect. He lost touch with his sister Sharon years ago and the family didn't learn of her death until she had been buried in a pauper's grave.

"He could die without a next of kin and he would be buried ... without anybody at the funeral," Olsen said. "It was bad enough having a sister go that way." **THE CANADIAN PRESS**

Clickbait



IRENE KUAN
Metro Online

Internet cats may be all the rage when it comes to viral memes, YouTube videos and photos, but what about those adorable pooches that can perform laugh-out-loud tricks, and look into the camera with those heart-melting puppydog eyes? Here are 3 to follow on Instagram:

@Digbyvanwinkle:

Digby is a 2-year-old Griffon from Wellington, New Zealand. Some of Digby's many talents include posing for photos with fake moustaches, hipster glasses, an array of hilarious costumes and even wearing a slice of bread. Approximately 242,000 followers.

@marutaro (approx. 717K followers):

Maru is a photogenic 7-year old Shiba Inu living in Japan. He loves to devour containers of yogurt and howl at sirens while standing by his owner's apartment window. Maru is so popular, he even has his own iPhone app as well as calendars and postcards, which his fans can purchase online. Approximately 717,000 followers.

@Yogurt_thepirate:

Yogurt is a 5-year-old one-eyed Chi-



SCREENGRAB/@YOGURT_THEPIRATE/INSTAGRAM

huahua with a slinky protruding tongue, and the Internet seems to always have a soft spot for disabled animals. She's relatively new to Instagram but her account is quickly blowing up as websites like the Fluffington Post are catching on to this amazing little dog. Approximately 53,000 followers.

Comments

RE: 'Extremely emotional day': Drake Apologizes for Rolling Stone Cover Flap, published online Feb. 14, 2014

Kudos to him for issuing a real apology and not subjecting us to the usual "my twitter was hacked" defense.

me9876, posted to metronews.ca

You know what? I don't know who Drake is (showing my age I guess), but Rolling Stone has been worshipping drug addicts, and especially the 'died of an overdose' kind since their inception. As talented as Hoffman may have been, it's about time we stopped awarding immortality for extreme acts of narcissistic stupidity.

jeff200, posted to metronews.ca

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Ebooks



Photograph

By. Ringo Starr

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

It's as if you're sitting on a couch, knee-to-knee with Ringo Starr, going through his albums. Audio clips allow him to laugh and tell stories as you flip through pages of personal photos and videos, something he enjoys so infectious that you can't help but be carried away. His life, the Beatles, you were there, remember? It feels like that.

Chris Evans

Captain America star to kick off Daytona 500

Daytona has called on Captain America to kick off "The Great American Race." Actor Chris Evans will serve as grand marshal and give the command to "start your engines" for the Feb. 23 Daytona 500. Evans stars in Captain America: The Winter Soldier, scheduled for release on April 4.

THE ASSOCIATED PRESS

The Wild Cub matures

Youth. Keegan DeWitt swapped indie-pop mecca Brooklyn for Nashville to collaborate and make new album

ALEXANDRA CAVALLLO

Metro World News

Most people looking to get a band off the ground move to Brooklyn. Keegan DeWitt got the hell out.

The Wild Cub front man had spent the better part of eight years living in New York, working as a composer for commercials and film soundtracks — and successfully, at that. Still, he struggled to make ends meet.

"I spent a lot of my time learning how to bankroll living in New York, which is just such a big waste of effort," he says. "I feel like I got a lot out of my time there, and New York is such a fundamental part of who I am now, and it shaped me as a person a lot, but at some point, I was like, 'I'm succeeding halfway at my artistic career, and I'm only putting 50 per cent of my effort into my day job, and not being very good at that. Maybe I should go to Nashville, where I can put 100 per cent toward pursuing my art.'"

So he did. Brooklyn might be the unofficial indie music capital of the U.S., but it's also saturated with fairly interchangeable young bands struggling to establish themselves.

That's one thing that drew DeWitt, 31, away from Brooklyn and towards Nashville.

"The music business is changing, and that's one of the places that it's maybe changing in a good way," he says.



Wild Cub's single Thunder Clatter is an ode to wife of Keegan DeWitt (far left). COURTESY WILD CUB

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them. There are such long lines of songwriters that come from there that really write songs, legit songs. If there's anything that modern music is missing, at the moment, especially hip indie music, are actual songs. So that's one cool thing. You're getting people that are really experimenting with new ways of making music but at the same time understand what it means to tell a narrative using the structure of the song."

Plus, the cost of living down South is just cheaper. "I kept looking around in Brooklyn going, how in the f— are you guys paying for this?" he laughs. "Are we all on trust funds, because I know I'm not. How are you doing this? Just hanging out and being in a band?"

These days, just hanging

Take note, Brooklyn hipsters

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them."

Wild Cub frontman Keegan DeWitt

out and being in a band is pretty much DeWitt's main occupation. In Nashville, he hooked up with multi-instrumentalist Jeremy Bullock to form Wild Cub, a fuzzed-out, synth-pop quintet whose debut album, Youth, dropped earlier this year.

Wild Cub might not yet be a household name, but most people are likely familiar with their single Thunder Clatter, an ode to DeWitt's wife. Learning to play well with others hasn't been an entirely seamless transition for DeWitt.

"I think one thing is true that, as the person who has

to sing it every night, it's difficult to connect with things that you haven't written the entirety of," he says. "It's like in a play, you can do a certain amount of preparation as an actor, but things really start to take on a dynamic when you interact with somebody else. That's where the drama takes place, and I like to think that some of that is true in terms of me having to collaborate with band members."

That said, DeWitt isn't interested in stealing the show. "I think in general, every year that I get older, the less I desire to be the main person that everyone is looking at."

2 SCENE

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TOP SIX @ 6

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Bum

5 A Great Big World ft Christina Aguilera
Say Something

4 Hedley
Crazy For You

3 Jason Derulo
Talk Dirty

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Boy George ALL IMAGES GETTY

Boy George wishes best for 'lost' bad boy Bieber

Don't worry, Justin Bieber. If nothing else, Boy George has your back. The former Culture Club singer empathizes with the troubled Canadian pop star as fallout from his acting out accumulates. "Unfortunately when you're at that age, you won't listen to anyone," George says during a stint as a Fashion Police guest. "I did the same thing. I hope he makes it through. He's a gorgeous young man, he's obviously talented, but he's sort of lost in the show biz antics of it all."



Shia LaBeouf

Artist distances herself from weeping LaBeouf

As Shia LaBeouf's bizarre art gallery residency comes to an end, details are emerging suggesting how the not famous anymore actor endured six straight days of sitting weeping opposite visitors without saying a word as they peppered him with questions. In footage from a camera smuggled into the #IAMSORRY exhibit by Hal Rudnick of Screen Junkies, LaBeouf appears to be wearing earplugs. Meanwhile, artist Marina

Abramovic, whose 2010 performance art piece The Artist is Present seems to have inspired LaBeouf's latest stunt — to put it mildly — was quick to distance herself from the "manipulative" new work. "I can't think that this is directly related to me," Abramovic tells Vulture. "He has a paper bag on his head, is that right? I'm very happy people are inspired by (my) work, but this is not the same work. I don't see it as anything to do with me."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jonah would do anything for new best pal Scorsese

STARGAZING
Malene Arpe
scene@metronews.ca

This week in cancellations. 1) The George Zimmerman/DMX boxing match. 2) The American X Factor. 3) My faith in humanity after learning the Justin Bieber wax figure at New York's Madame Tussauds will be removed due to excessive groping.

Nina Dobrev and Liam Hemsworth were reportedly spotted kissing in a bar. The Vampire Diaries/random drunken make-out/Hunger Games crossover nobody was asking for.

Jonah Hill says that he'd paint Martin Scorsese's house if asked. Martin Scorsese in return says that he doesn't have to be asked to update the restraining order.

Angelina Jolie is reportedly a fan of ancient grains quinoa and spelt. "Typical," said kamut, amaranth and millet. "We can't all afford publicists, you know."

Fergie's sister names her new baby boy Jagger. Fergie's son is named Axl. "Please, please tell me there are no more sisters," says Bruce Springsteen.

Matthew McConaughey says that he's enjoying everything about being an Oscar nominee. Guess they haven't gotten around to the Academy Walk of Knives, Sharks & Weird Rashes yet.

Twitter



@johncusack
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@kevin_nealon
Soon, kids will be raised by spell-check.



@SarahSilverman
Let's bring calling someone "a boob" back



Leonardo DiCaprio

Money not everything for Leo

Leonardo DiCaprio's career could've turned out very differently if he'd just been looking for a payday when he was 18 years old. The Oscar nominee tells Variety that he was offered "more money than I ever dreamed of" to star in Disney's 1993 Halloween comedy Hocus Pocus — co-starring Bette Midler and Sarah Jessica Parker — but he passed on the offer since he was holding out for the role in What's Eating Gilbert Grape? that earned him his first Oscar nod. "You live in an environment where you're influenced by people telling you to make a lot of money and strike while the iron's hot," DiCaprio says. "But if there's one thing I'm very proud of, it's being a young man who was sticking to my guns."



Christina Aguilera

Valentine's Day proposal for Aguilera

Christina Aguilera might've had a better Valentine's Day than you, as the singer received an engagement ring from boyfriend Matt Rutler. Aguilera broke the news via Twitter, posting a picture of the impressive diamond along with the note, "He asked and I said..." Aguilera met Rutler when he was working as a production assistant on her film Burlesque — and while she was locked in a nasty divorce battle with ex-husband Jordan Bratman. Their divorce was finalized on Valentine's Day 2011, as it so happens.

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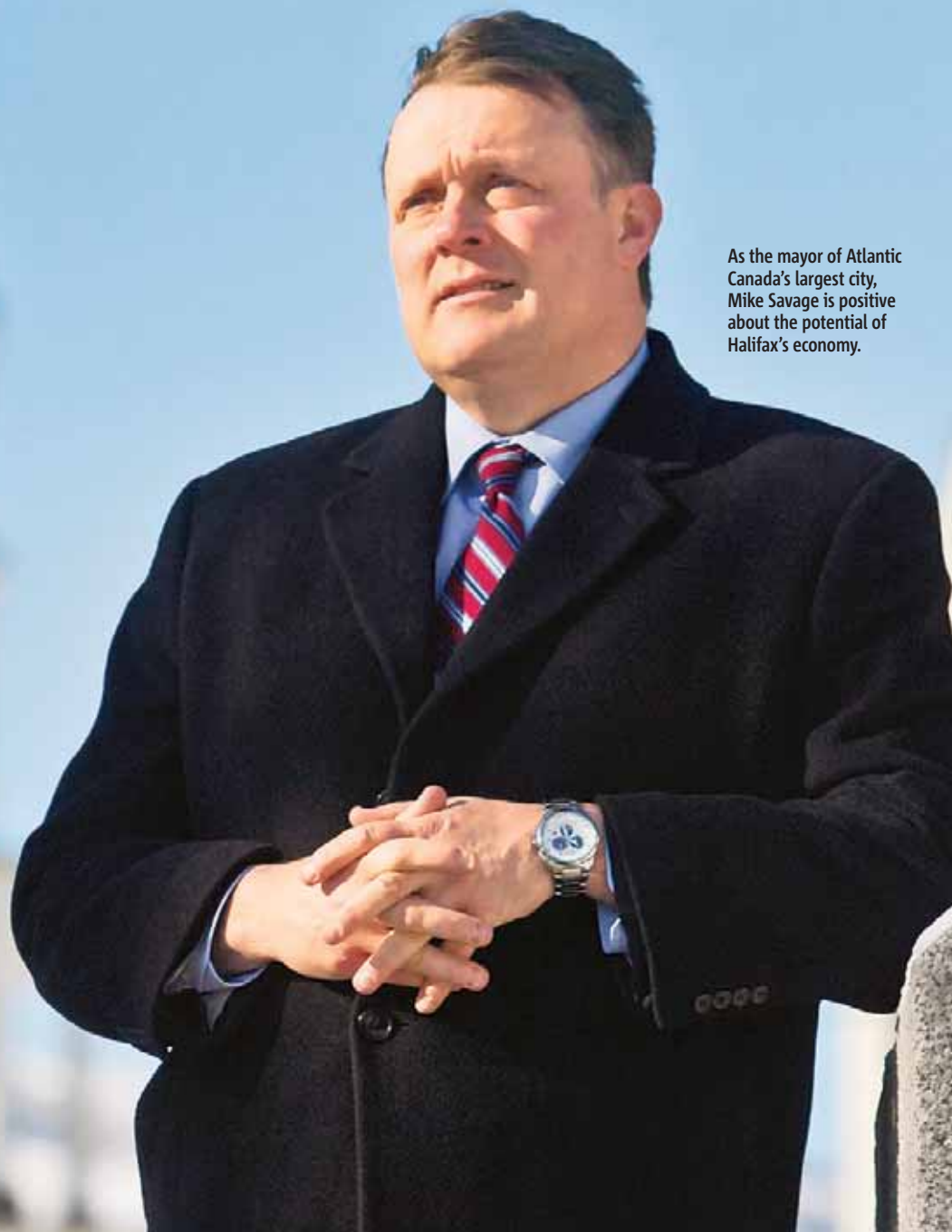
"Joining Admiral has given me a career without compromising what's important to me—spending time with Bogey."

- David

IMAGINE HALIFAX

Monday, February 17, 2014

As the mayor of Atlantic Canada's largest city, Mike Savage is positive about the potential of Halifax's economy.



◉ **INSIDE:** A 28-page feature taking the pulse of Halifax and what lies ahead for the city in 2014



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Positive potential

Outlook. Mayor Mike Savage talks about the current and future status of the city's economy

GEORDON
OMAND
For Metro

As the mayor of Atlantic Canada's largest city, Mike Savage is — perhaps unsurprisingly — positive about the state of Halifax's economy. But he is candid about the need to strive for more.

"The economy's doing well," he said. "But the question is, how do we do better?"

With an economic base rooted in universities, hospitals, the port and the public sector, Savage says Halifax isn't subject to the same ups and downs experienced by more manufacturing-based economies. He lists examples of recent development projects on the peninsula — South Point, The Trillium, Vic Suites, the Roy Building and myriad lofts popping up on Gottingen Street.

But not everything has been rosy. Savage acknowledges that the city is currently on the downside of a bubble following the 2011 shipbuilding contract announcement.

"Twenty-five billion dollars is a huge investment for any economy," he said. "You look at a province the size of Nova Scotia — it's monstrously large."

It has created unrealistic expectations that have not yet been matched, he added.

"When the work actually starts and people are hired,

Take advantage of the future

"There's a lot of potential here in Halifax. It would be a shame if we didn't reach out more aggressively to take advantage of it."

Mayor Mike Savage

it'll be positive."

Beyond the new convention centre and central library, Halifax is exploring a rebranding exercise, undertaking a "dramatic redo" of Metro Transit and opening up land around the Cogswell Interchange for development.

One five-year project for the city is building a stadium.

"That's one of the things I see as a next step for Halifax, and my sense is it will happen," he said.

Besides being a venue for events, sports competitions and recreation, Savage says there is a great deal of interest in finding a home for a potential future CFL team.

"If we could hold a Grey Cup here in five or six years, that would be a great thing."

Savage sees the next five years as holding a lot of promise for the capital of Canada's ocean playground.

"There's a lot of potential here in Halifax. It would be a shame if we didn't reach out more aggressively to take advantage of it."



With an economic base rooted in universities, hospitals, the port and the public sector, Mayor Mike Savage says Halifax isn't subject to the same ups and downs experienced by more manufacturing-based economies. METRO HALIFAX FILE

What's inside



Promising portfolio of projects on tap for downtown Halifax.
Page IH4



Shipbuilding contract will inject steady stream of economic spinoffs.
Page IH8



Traditional and unique events are creating a buzz among tourists.
Page IH14



Ready to open a new chapter with the Central Library.
Page IH26



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The heart of the city



Along with the \$500-million Nova Centre and the Central Library, a number of major housing developments are on the books for downtown Halifax. JEFF HARPER/METRO HALIFAX FILE

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Impressive portfolio of projects is promising for the downtown

TOM MASON
For Metro

Downtown Halifax has been hit hard in recent years by a phenomenon popularly known as the “doughnut effect,” an urban brain drain that occurs as businesses and residents migrate to the suburbs.

It’s a significant problem for the city. According to a study released in 2012 by the International Downtown Association, downtown Halifax ranks among the lowest downtowns in Canada in terms of economic power.

Paul MacKinnon, executive director of the Downtown Halifax Business Commission, admits that the doughnut effect has been tough on the downtown’s economy but there is room for optimism.

“Five years ago, we had 25 major developments on the books downtown but none of them was being built,” MacKinnon said. “Today we have a good indication that developers are going to follow through on many of those projects.”

The portfolio of projects is impressive. Along with the

Injecting life into the core

“These are all positive developments, but the important question is how much are we changing the vibrancy of downtown. Right now there are only about 5,000 people living downtown. If you double that number, you’re still only talking about a small town. We need a lot more people living downtown to inject life into the core.”

Paul MacKinnon, executive director of the Downtown Halifax Business Commission

\$500-million Nova Centre and the central library, a number of major housing developments are on the books, including the largest residential project ever built in downtown Halifax.

Barrington Street, which has barely changed in the last 50 years, will see the development of the Roy Building project and a new Discovery Centre, while the Silverbirch hotel development on Brunswick Street will bring new life to that part of downtown.

Looking into the future, HRM is developing a plan to remove the Cogswell Interchange, a 40-year-old piece of highway infrastructure that would free up about 20 blocks of prime downtown real estate for a multi-use development, which could en-

courage residential growth.

“These are all positive developments, but the important question is how much are we changing the vibrancy of downtown,” MacKinnon said. “Right now there are only about 5,000 people living downtown. If you double that number, you’re still only talking about a small town. We need a lot more people living downtown to inject life into the core.”

MacKinnon points to Metro Transit’s plan to completely overhaul the bus system in HRM as a step in the right direction. “If you make it easier to get downtown, it will drive businesses back. Five years from now we’ll be three years into that initiative, and I think we’ll be seeing some positive effects.”



Concrete was recently poured on King's Wharf's third condo building, the Aqua Vista, which will be completed in spring 2015. METRO HALIFAX FILE

Downtown Dartmouth

More options on the horizon

JENNIFER
TAPLIN
For Metro

Downtown Dartmouth is becoming a popular place to live, and there will only be more residential options there in the next five years.

Just recently, concrete was poured on King's Wharf's third condo building, the Aqua Vista. It will be completed in spring 2015, joining the Keelson and the Anchorage. The entire development will bring at least 1,600 residential units and 3,000 people to downtown Dartmouth.

"King's Wharf will provide us with people on the streets who will occupy our restaurants and shops and change the appearance of downtown Dartmouth," said Tim Rissesco, the executive director of the Downtown Dartmouth Business Association.

Originally, the Iconic Tower, a cornerstone building of King's Wharf, was next on the list, but developer Francis Fares is proposing changes. A public meeting is set to discuss Fares' plan to replace the Iconic Tower with three buildings, with one reaching more than 40 storeys in height and would add 400 units to the project.

"In five years a couple more towers will be built, so we'll have more residents, restaurants and businesses," Rissesco said. "That will have a big impact on the commercial district on Portland Street."

King's Wharf casts a large shadow, but it isn't the only game in town. A 50-unit development is going up on

Economic impact

"King's Wharf will provide us with people on the streets who will occupy our restaurants and shops and change the appearance of downtown Dartmouth."

Tim Rissesco, the executive director of the Downtown Dartmouth Business Association

Ochterloney Street, and a five-storey condo tower will be built on Alderney Drive.

Then there is Dartmouth Cove. For years, HRM and Dartmouth residents have worked on their vision of what the former industrial land next to King's Wharf could be.

While no formal development agreements have been received, Rissesco expects construction to begin on the site within five years. The formal plan, put together by the Waterfront Development Corp., lays the framework for a residential community on Dartmouth Cove.

"When the time is right, development will happen there," Rissesco said. "But it's a plan that will cover development for the next five to 15 years."

There could be even more developments if a land-use by-law is amended to allow taller buildings than the maximum five storeys in a protected view plane in the downtown district. The proposed changes are currently in the public consultation stage.

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Developers are going into 2014 with a positive mood. METRO HALIFAX FILE

More options appeal to new homebuyers

JON
TATTRIE
For Metro

After a slow end to 2013, homebuilders in Nova Scotia took advantage of a warm winter interlude to start what they hope will be a busy 2014.

Paul Pettipas, the CEO of the Nova Scotia Home Builders' Association (NSHBA), spoke to his members to get an overview of new builds in the city.

"Last year was challenging for builders and developers. There seems to be more of a positive attitude now."

Winter usually means smaller turnouts for open houses, but the mid-January thaw boosted viewers and buyers. Areas particularly hot right now include Spryfield, Fall River, Oakfield, Sackville and Bedford South.

Members of NSHBA are less keen to talk about cool areas, but that likely includes downtown Halifax and Dartmouth. In general, new builds are selling well in

'Smart' house trend

"The other feedback I'm getting is that there's a trend toward smaller, technologically advanced housing with energy efficiency," said Paul Pettipas, the CEO of the Nova Scotia Home Builders' Association.

Buyers want "smart houses" with advanced security and advanced heating and insulation to lower operating costs.

"People want to be able to afford the homes they live in," Pettipas said.

Nova Scotia requires

new homes to have a minimum EnerGuide rating of 80, but most new builds are closer to 85.

"People are saving money on the utilities so they can put that back into the mortgage," Pettipas said.

A high EnerGuide rating can save \$150 per month compared to a lower rating, and people putting that money on the mortgage will realize exponential savings over the coming decades.

new subdivisions rather than among older homes.

Stephanie Palmer of Picket Fence Homes is busy building Spryfield's Governor's Brook new-build area. The range of new-build options is drawing buyers.

"Single-family homes of different styles and sizes, as

well as townhouses, allow homebuyers to choose the style and size to suit their family's needs and budget," she said.

Resale is low in such areas, indicating that people aren't climbing the property ladder but rather buying a long-term residence.

Gazing into a crystal ball



FRED
MORLEY
For Metro

Peering into the future is a difficult job. So much of what could happen is out of the control of governments and business. Nevertheless, economists and pollsters continue to do the best they can using the tools at hand.

Economists sift through mountains of data around current economic performance and look at major projects, government policy and business trends to get a handle on the next few years. Pollsters look at public opinion to predict the future. Often, both types of prognosticators get lumped in with crystal ball-gazing futurists of another kind.

At the Greater Halifax Partnership, we believe that a confident community and confident businesses invest more, create more employment and enter into international relationships and partnerships more easily. Confident communities and

confident businesses just grow faster.

Back in November, Metro Halifax published a number of articles based on public opinion research conducted by MQO Research and the Greater Halifax Partnership around the economy, technology, municipal services and other key topics. The opinions were mixed. People had a high opinion of the quality of police service and municipal water and sewer services. Folks were less impressed with regulation, public transportation and taxes.

However, what was impressive was that year over year, attitudes about everything from police to public transportation improved. What we also know about public opinion is that people have become more confident about the future. While improvements in service have likely occurred, clearly the municipal election and economic circumstances provided a positive jolt to public attitudes about services.

Positive attitudes show up in the economy as well. Car dealers set new records for sales in 2013. We saw a

Bottom lines

"Our surveys of business are a good guide — 90 per cent of businesses feel that the next five years will see economic growth and a boost to their bottom lines."

record number of building cranes in the city. Consumption is a bigger part of economic activity in Nova Scotia than most other provinces. When Nova Scotia consumers are confident, the economy does well.

So what about the next few years? Our surveys of business are a good guide — 90 per cent of businesses feel that the next five years will see economic growth and a boost to their bottom lines.

If business and consumers are confident about the future, who are economists and pollsters to disagree?

FRED MORLEY IS THE EXECUTIVE VICE-PRESIDENT AND CHIEF ECONOMIST OF THE GREATER HALIFAX PARTNERSHIP.

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Shipbuilding. An economic anchor

**TOM
MASON**
For Metro

The announcement in October 2011 that Irving Shipbuilding Inc. had landed the National Shipbuilding Procurement Strategy (NSPS) contract was the shot heard throughout the Halifax business community.

If the NSPS program delivers as the federal government is promising, the 30-year plan will see the construction of around 20 naval frigates, patrol vessels and scientific research icebreakers designed to help Canada monitor its northern regions — a project estimated to be worth around \$30 billion by the time the last ship is launched.

It will be the greatest round of shipbuilding in this country since the Second World War, and the spinoff business for local companies could be staggering.

Gordon Gale is the executive director of the Aerospace and Defence Industries Association of Nova Scotia (ADIANS), a group that represents about 80 companies in the province

that provide goods and services to the aerospace industry.

Gale says there is a significant cluster of smart companies in and around HRM that have the technological acumen to become NSPS program subcontractors.

"There is already a critical mass of companies that can support any part of this project," he said.

With thousands of people employed in an industry generating around \$1 billion in profits annually, ADIANS members include companies involved in ship and aircraft maintenance, shipbuilding and naval technologies, advanced manufacturing and electronics, IT application development, simulation and R&D.

"Only about 40 per cent of what goes into a ship is iron and steel," Gale said.

"The rest of it is technology, and a lot of it is the kind of technology that many of our local ocean technology companies are designing and building. The shipbuilding initiative will provide a boost to those industries."

Longevity

- The National Shipbuilding Procurement Strategy program's biggest benefit to Nova Scotia will likely be its longevity. Unlike most other shipbuilding projects that tend to be short-lived, this contract will represent a steady stream of shipbuilding, repair and refits over the next 30 years. "It will change the economy of the province in a favourable way," said Gordon Gale, the executive director of the Aerospace and Defence Industries Association of Nova Scotia.

Many of those companies have cut their teeth on projects such as the Canadian CH-148 Maritime Helicopter program, subcontracting for such major aerospace players as General Dynamics Canada, Lockheed Martin and Irving, all of which maintain offices in HRM.



The National Shipbuilding Procurement Strategy contract will represent a steady stream of shipbuilding, repair and refits over the next 30 years. METRO HALIFAX FILE



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A shopping experience

ALLISON
LAWLOR
For Metro

With big-box stores such as Walmart and Costco offering more and more

services, Halifax's small businesses and specialty retailers are having to be smarter and more innovative in how they not only compete for customers, but also keep them coming back.

In the Spring Garden Road area, for example, small businesses are banding together to create memorable shopping experiences for customers. Every year during the busy holiday season, local area businesses hold an annual late-night shopping event called Shopping Under the Stars that offers much more than just shopping.

Hub of the city

"The (Spring Garden Road) area is very unique and personal. It's the urban centre and the hub of the city."

Nancy Tissington, the executive director of the Spring Garden Area Business Association

"It got a lot of buzz," said Nancy Tissington, the executive director of the Spring Garden Area Business Association.

Last year, during the two nights of events, more than \$2,000 in prizes were given away, along with in-store specials, promotions, demonstrations, entertainment and food. The East Coast Carolers strolled the streets, and a tree-trimming party took place to add to the holiday spirit.

Plans are underway to hold a similar shopping event in the Spring Garden Road area this summer. The hope is that it will become a popular annual event, providing shopping festivals in both the winter and summer.

"We're trying to create

more of an experience for people," Tissington said.

Rather than simply driving to a mall or business park with its big-box stores, which make shoppers feel as though they could be in almost any other North American city, shopping in the Spring Garden Road area offers a different experience. Of the more than 200 retail stores, restaurants, coffee shops and eateries in the district, about 30 per cent are considered small businesses.

"The area is very unique and personal," Tissington said. "It's the urban centre and the hub of the city."

Covering a nine-block radius, it's one of the most walked parts of the city, with an estimated four million people visiting annually.

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With the rest of their team, these Hope Blooms youth will be able to make salad dressings year-round thanks to a new greenhouse. CONTRIBUTED

Cultivating life skills

Hope Blooms. Project is more than producing salad dressings for North End youth

NICOLE TRASK
For Metro

Since appearing on CBC-TV's *Dragons' Den* last November, the young residents of Halifax's North End who make Hope Blooms salad dressings have been busy plotting their next move.

During the show, the team acquired \$40,000 to put toward expanding its business of freshly made salad dressing with herbs grown from the North End Community Health Centre greenhouse and garden.

The expansion will include a new greenhouse that will allow the youth to make the dressings year-round. In March, ground will break on the greenhouse, which will be located on Brunswick Street, close to the original

greenhouse that's adjacent to Uniacke Square.

According to Tara Downey, Hope Blooms's sustainability co-ordinator, the experience with the *Dragons* has had a huge impact on the youth.

"It has helped build their confidence and their ability to take an idea and turn it into a reality," she said.

Hope Blooms dressings have previously been available at the Halifax Seaport Farmers' Market, Local Source, Local Jo Café and Whet Café. Once the new greenhouse is functional, the kids plan to market their dressings to Pete's Frootique, Superstore and Sobeys.

Downey has worked with Hope Blooms for four years and has watched the young people cultivate valuable life skills.

"They've learned business skills, like how to write an invoice and balance a budget," she said. "But they've also learned to use what they've grown in the garden and take it home to prepare fresh meals for their families."

Production

- Over the past year, Hope Blooms produced about 6,000 bottles of dressing, up from 2,000 the previous year. In the future, Tara Downey, Hope Blooms's sustainability co-ordinator, said the team would like to produce 20,000 bottles per year and hopes to harvest 3,000 pounds of produce annually, up from 2,000 in 2013.

The future looks bright for the enterprising youth with green thumbs. Hope Blooms will reinvest even more into the community through youth scholarships and continue to build a strong local food hub by offering cooking classes, soups for seniors and community dinners.

"The kids work so well together and love giving back to the community," Downey said. "They can't wait to get started again."

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2013 Nova Scotia Builder of the Year



From food trucks to fine dining, Halifax is a culinary destination for both locals and visitors. JEFF HARPER/METRO HALIFAX FILE

Savouring the local food experience

ALLISON
LAWLER
For Metro

Situated next to the sea, with award-winning wines and beers produced nearby and an abundance of fresh produce and meats to choose from, it's no wonder that Halifax is becoming a culinary destination for both locals and visitors.

Despite its seaside location, the city has more to offer than lobster, scallops and mussels. Showcasing the province's finest chefs, wines, cocktails and chocolates, the annual Savour Food and Wine Festival gets underway just when the winter doldrums hit.

Running from late January to early March, this year's festival kicks off with Imbibe: A Cocktail Story, where the city's best mixologists gather to create surprising cocktails for guests.

The Rare and Fine Wine Tasting follows, offering guests more than 30 wines. The festival ends with the

Drinking it in

- In the summer, the Halifax Seaport BeerFest, the region's largest beer festival, adds to the excitement on the waterfront. Last year, beer lovers had 250 craft beers and ciders from more than 100 participating breweries from which to choose. The festival also highlights the growing number of local microbreweries and specialty beers.

Savour Food and Wine Show. Now in its 10th year, the region's top food and wine show brings together top chefs, sommeliers and local restaurateurs.

"These events are very celebratory," said Patricia Lyall, Destination Halifax's president and CEO. "It's fun with food and drink."

Thrilled with the popularity of Savour, Lyall said it started out as a one week-

end event. "It has grown exponentially every year."

Lyall has watched the festival expand in parallel with the province's wine industry. Nova Scotia's wine-and-grape industry contributes almost \$200 million annually to the provincial economy, according to a recent study. The industry — which includes 12 grape wineries and six fruit wineries — only had one winery in 1980.

In the winter, when there are fewer festivals taking place, visitors plan their trips to Halifax around events such as Savour.

Overall, the city's culinary festivals are great social events and a treat for the senses.

"It gives that sense of being alive and vibrant and just enjoying life," said Lyall, who is excited by the prospect of festivals such as Savour continuing to expand and grow in popularity in the coming years. "There's been such a groundswell (of interest and support)."

An even better Halifax

RICK
EMBERLEY
For Metro

Positive feelings

"When people were asked to rate the quality of life here, the average score was eight out of 10. This overall response level was replicated when people rated the aspects of life that combine to create the positive feelings about Halifax."

If we asked our citizens to imagine an even better Halifax, what improvements would they feel are needed? High on the list is economics and job creation. There is concern over unemployment and the lack of economic development across the municipality. The need for our youth to leave the area to find work is expected to erode family life in a variety of ways in the coming years.

Another area of concern has to do with public transportation. There is a strong feeling that if we don't find creative ways to deal with moving folks efficiently, quality of life will deteriorate.

Other areas include our outdoor recreation infrastructure, which received low scores in the research,

affordable housing and our attitudes toward immigration.

Despite the attention often paid to crime and personal safety in the Halifax area, people report that they feel very comfortable in the community. In fact, this sense of personal security has increased over the past couple of years.

Finally, the sense that we are being governed well has shown a marked improvement over the past year; performance scores for the mayor and council rose significantly. The research indicates that while we feel good about where we live, we are quick to point out areas of improvement.

RICK EMBERLEY IS SENIOR COUNSEL TO M5 GROUP. HE HAS LED HUNDREDS OF PUBLIC OPINION RESEARCH PROJECTS ACROSS ATLANTIC CANADA.



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Nova Scotia Community College boasts the first 3D metal printer at a Canadian educational institution. CONTRIBUTED

Local schools help mould creative minds

JON
TATTRIE
For Metro

Abid Ahmad's voice bounces with excitement as he describes the big machine that was delivered recently to the Nova Scotia Community College's Waterfront campus.

“The technology is amazing in itself,” he said. “But for me the exciting part is how the creative mind will utilize it in real-world applications.”

Ahmad is the academic chair of NSCC's Design and Innovation Centre, and the machine is the first 3D metal printer at a Canadian educational institution. Unlike those old-fashioned plastic-based 3D printers of 2013, this one fires a 200-watt laser on powdered titanium, aluminum and stainless steel to create parts and products for the real world.

Old-style metalwork requires you to take a big piece and cut away to what you want. With the 3D metal printer, you create exactly

what you need, saving time and money.

“It turns engineering design upside down,” Ahmad said.

The innovative printer, used in the aeronautics and biomedical industries and the military, has big possibilities locally in shipbuilding. NSCC students, faculty and industry partners are descending on the centre to explore the machine's potential.

Across the harbour in Halifax, Dalhousie's College of Sustainability takes a similarly wide embrace. The first program of its kind in Canada, it started in 2009 and graduated its first full class last year.

Steven Mannell is a professor of architecture and the college's director. He says students often take a joint degree with sustainability and fields such as journalism, planning, business and physics.

“They really internalize the message that there is stuff to be learned by having other perspectives, thus avoiding the blind spots of expertise.”

Projects include helping

Real-world applications

“The technology is amazing in itself. But for me the exciting part is how the creative mind will utilize it in real-world applications.”

Abid Ahmad, academic chair of Nova Scotia Community College's Design and Innovation Centre

a law firm implement green policies at a new office, getting a bus route extended to a credit union and starting a shuttle at a theatre company to reduce traffic. The college added a sustainability leadership certificate in 2013 that sees student try out their ideas in the real world.

“We've kept it inclusive so students who think changing the system is the way to go,” Mannell said. “Or students who want to make a profitable business that will make money off social change can get along with students who think smashing the state is the way to go.”

Destination. Cruises drawn to local docks

JANE
DOUCET
For Metro

The biggest day for cruise ship passengers at the Port of Halifax in 2013 was Oct. 8, when four ships carrying a total of 8,700 guests were docked in Halifax.

Although the annual cruise ship season runs from early May to late October, the autumn cruises are extremely popular.

"When the leaves are changing colour on the trees, the Americans and Europeans love to visit then," said Lane Farguson, the Halifax Port Authority's communications advisor.

Last year, 134 cruise vessels carrying 252,121 passengers docked at the Port of Halifax. Here is another impressive number — the cruise-ship industry contributes \$50 million annually to the Halifax economy.

For the past five years, a fairly consistent number of ships and passengers have been stopping in Halifax.

"When the numbers are steady, it's more manageable



More than 100 cruise ships dock in Halifax each April through November. CONTRIBUTED

for both the Port Authority and the tourism operators who service the visitors," Farguson said.

What is it that draws the 16 major cruise lines that choose to dock in Halifax? The answer is simple.

"The ships go where their customers want to go."

The Port of Halifax has a solid reputation in the industry and is known for having a walkable downtown with plenty of restaurants, shops, museums and art galleries. Passengers can also walk off the ships and onto bus tours of the city or surrounding areas such as Peggy's Cove.

This fall, the Port Authority plans to roll out a new "shore power" system that will allow cruise ships to shut down their diesel engines and connect to a land-based electrical grid while docked.

"We're working toward that now and hoping it'll be ready toward the end of the

2014 season," Farguson said. "The shore-power system will reduce greenhouse gas emissions from the ships."

In 2009, Port Metro Vancouver became the first port in Canada and third in the world to install shore power for cruise ships.

"The Halifax Port Author-

ity will be the first in Atlantic Canada to implement this type of system," Farguson said.

So what's in store for the cruise ship industry in the next five years? "We've just had two successful years and we're hoping to build on that success," Farguson said.




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Cultural explosion

Attractions. A mix of traditional and unique events are creating a buzz among tourists

RICHARD WOODBURY
For Metro

Halifax has long been a tourism hot spot, but these days some of the attractions generating buzz are newer, non-traditional events such as the Halifax Pop Explosion and Hal-Con.

"The Pop Explosion has gone crazy," said Pat Lyall, the president and CEO of Destination Halifax, HRM's tourism marketing agency.

The original Pop Explosion, which is held in late

October, featured close to 20 bands in 1993; it has since grown to showcase 180 bands and attracts 30,000 fans and industry delegates from around the world.

Also taking place in the fall is Hal-Con, a sci-fi, fantasy and gaming convention. In its first year in 2010, it attracted more than 1,500 attendees. Just three years later, the number of attendees had more than tripled.

Traditional events such as the Royal Nova Scotia International Tattoo are still a huge draw. Last year,

54,000 people attended the Tattoo, almost 20,000 of whom were tourists.

Looking ahead to the future, it's likely that events such as Hal-Con and the Pop Explosion will continue to expand and attract more visitors to Halifax.

Some yet-to-be-created attractions may also draw visitors.

For example, plans were recently unveiled for an "experiential centre" called the Battle of the Atlantic Place. The \$205-million centre, which is expected to open in 2017 on the Halifax waterfront, will tell the story of Canada's involvement in the Second World War.

People are drawn to ex-

periential attractions, said Darlene Grant Fiander, the president of the Tourism Industry Association of Nova Scotia.

"They're seeking places that allow them to have experiential opportunities," she said.

"They don't want to be passive participants."

Looking ahead to the future, Fiander would like to see more investment in things that capitalize on Halifax's strengths as a coastal destination. As well, she has some ambitious hopes for events taking place in Halifax.

"In five years, I would hope that Halifax is hosting marquee events all year long."



The Halifax Pop Explosion, top, Hal-Con, top left, and the Royal Nova Scotia International Tattoo, above, are huge tourist draws. PHOTO CREDITS (CHRIS SMITH, HALIFAX POP EXPLOSION, TOP; NATHAN BENJAMIN, HAL-CON, TOP LEFT; METRO HALIFAX FILE, ROYAL NOVA SCOTIA INTERNATIONAL TATTOO, ABOVE)

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Halifax fashion designer Veronica MacIsaac is gearing up to launch her new Judges Collection. MICHAEL CARTY PHOTOGRAPHY PHOTOS

Fashion forward. Open-minded style

NICOLE
TRASK
For Metro

Do Haligonians have their own innate sense of style? Angela Campagnoni, the director of Atlantic Fashion Week (AFW), seems to think so.

While some might say that our fashion choices are ruled by the weather, Campagnoni believes the laid-back attitude of Haligonians translates to open-mindedness when it comes to style.

Established local designers are continuing to appeal to a wide demographic, with Lisa Drader-Murphy's recent opening of her latest boutique, LDM, and Veronica MacIsaac gearing up to launch her new Judges Collection.

Campagnoni says both designers envision a wide age range of women wearing their looks, with an emphasis

on professionals in their 30s and older. Aside from aiming to please a broad audience, Campagnoni believes that part of what makes Halifax-based designers unique is their support for one another.

"There is a strong sense of community within the fashion industry here," Campagnoni said. "I find that there's a humility among Atlantic Canadian designers, models and entrepreneurs that you won't find elsewhere. Instead of competing, most of us treat one another like family, and that goes a long way."

Emerging designers are also making their mark locally. From AFW 2013, Campagnoni cites Esmé Original Jacket and Zafira Apparel as collections to watch. Additionally, local boutique Biscuit General Store is now selling Bonanza, a custom-made collection with playful looks for the upcoming sea-

son (think printed jumpsuits and flirty dresses).

"We're going to see a lot of bright colours for spring, like lemon, coral and vibrant blues," Campagnoni said. "There will be a resurgence of florals and geometric prints, and the hemlines will range from minis to flowing ankle-length styles."

With AFW entering its eighth season this fall, Campagnoni is already busy hatching plans for the glamorous event. She is hoping to maintain the location at the Atrium at Gallery 1 and would love to see AFW evolve into a bigger festival in a few years.

"With each AFW, we strive to become more polished. We look at what didn't work previously and fix it. In five years from now, I'd love to see it grow into more of a festival with music, free events during the day and high-end ticketed events by night."



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Creative collaborations

Film industry. Halifax boasts award-winning crew expertise and stunning landscapes

TOM MASON
For Metro

Science-fiction fans in more than two dozen countries have tuned in weekly to Haven during its four seasons. Loosely based on Stephen King novella's The Colorado Kid, it's set in the fictional town of Haven, Maine, a spooky place where the worst nightmares of its citizens spring to life.

In reality, Haven's stark coastal scenery is filmed in Lunenburg County, N.S.

Haven isn't the only production to use Nova Scotia's landscapes and film production talent. Seed, a half-hour comedy series produced by Force Four Entertainment, completed its first season in Halifax last year and will



The Trailer Park Boys. THE CANADIAN PRESS FILE

start filming Season 2 later this year.

The CBC-TV comedy Mr. D has filmed three seasons in Halifax, while recent made-in-Nova Scotia films include a new TV movie based on the life of Lizzie Borden and the latest instalment of the Trailer Park Boys franchise.

The Nova Scotia film industry injects \$100 million annually into the provincial economy.

"We had a busy summer

and fall last year," said Abbi Hennigar, the marketing director at Film and Creative Industries Nova Scotia, the provincial Crown corporation that advances the development of TV, film and other creative industries in the province.

Nova Scotia film crews are garnering attention across Canada and beyond. When this year's Canadian Screen Awards were announced, Nova Scotia productions re-

ceived 22 nominations.

Production companies are drawn here for myriad reasons. Tax incentives and financial support are attractive. Nova Scotia's locations range from historical to natural to urban, and the willingness of the people to co-operate with film crews is legendary.

But the main appeal is expertise in everything from cinematography and set design to makeup artists and caterers.

"We have a great track record that goes back 20 years," Hennigar said. "We've developed a lot of knowledge in the industry and a crew base that's deep for a province our size."

This summer will see the filming of the miniseries adaption of Lawrence Hill's novel The Book of Negroes and a feature film entitled Lure.

"The industry is well-established here," Hennigar said. "We expect to keep improving on that success in the years to come."



Christina Ricci as Lizzie Borden in the Nova Scotia-made TV movie Lizzie Borden Took an Axe. CONTRIBUTED



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A wheely good idea to save money

JON
TATTRIE
For Metro

When Paul Caskey's old car faced a big repair bill, he made a bold choice — instead of having it fixed or buying new wheels, he decided to share a car with hundreds of strangers.

The Halifax resident and his wife, who have two young daughters, signed up with CarShareHFX.

"For people like us who are occasional car users, the savings are ridiculous," he said. "With CarShare, every time you jump in a car, you're aware of the cost."

Founder Pam Cooley says business is growing steadily, with a solid base in the peninsula and downtown Dartmouth and spreading westward from Halifax. The newest car pickup/drop-off spots are on Bayers Road, Connaught Avenue and Hunter Street, with plans to expand to Lacewood Drive.

Cooley advocates for moving people, not vehicles, and is excited about the upcoming



CarShareHFX membership has been on the rise over the past five years. CONTRIBUTED

ing Metro Transit reboot. Her deeper philosophy is "multimodal mobility options," meaning that citizens would choose to walk, bike, bus or drive, depending on the trip. She hopes Metro

Transit will work with CarShareHFX to give members discounted rates to create that vision.

Cooley is growing partnerships with Dalhousie University, the province

and Capital Health. The institutions use the cars and employees can join personally, with a free first year. Cooley hopes to eventually expand to New Brunswick and Prince Edward Island.

As for Caskey and his wife, they are "not big car people" but rather avid cyclists who live in west end Halifax, which is easy walking distance to pharmacies and grocery and hardware

Fifth anniversary

- CarShareHFX says the average savings are between \$8,000 and \$10,000 per year compared to owning a vehicle. Members pay a monthly rate and book vehicles when needed.
- CarShareHFX is celebrating its fifth anniversary this year. In 2012, it reported nearly 800 members with 14 vehicles; today it has nearly 1,000 members and 26 vehicles.

stores, plus a hub for several bus routes.

Car sharing is working for Caskey's family but may not be for everyone. "My experience has been that if you want a car on the weekend, you have to reserve it several days in advance," he said. "That kind of easy spontaneity (that comes with car ownership) isn't possible — you need to get a different mindset."

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Transit and transportation

On the move

RICHARD
WOODBURY
For Metro

While it has been said that death and taxes are the only certainties in life, for city dwellers, traffic should be added to the list.

The good news is some interesting projects will take place over the coming years that should help encourage people to use active transportation and public transit, therefore reducing congestion.

City planners are working on creating more marked lanes for bikes on secondary streets running parallel to busy main streets.

"The way you have to make that work is to provide better continuity than there is now because the reason bikes don't use those streets is they have to stop at every second corner for a cross street," said Dave McCusker, the city's regional

Transit tracking

- One area that will see massive improvements is in Metro Transit's use of technology. For example, residents will be able to sign up to receive emails or text messages to notify them if their bus is running late. People will even be able to use smart-phone apps to see where their bus is at any time.

transportation planning manager.

Another project will see the re-decking of the MacDonald Bridge in 2015.

"We have a plan to reuse the deck panels coming off of that and to build some new multi-use overpasses with those," McCusker said.

"So we're looking at a couple of crossings of the CN main line on the peninsula, one crossing of the Circumferential Highway and a



City planners are working on creating more marked lanes for bikes on secondary streets running parallel to busy main streets. METRO HALIFAX FILE

few water crossings in our trail networks."

On the public transit side, change is also on the horizon. "We're undergoing

a full system redesign," said Eddie Robar, the director of Metro Transit.

The redesign is expected to be fully implemented by

November 2016.

If all goes as planned, within a few years, Metro Transit won't resemble the Metro Transit we know to-

day. "The transit system won't ever be the same, and it won't ever look the same," Robar said. "It's a big transformation."

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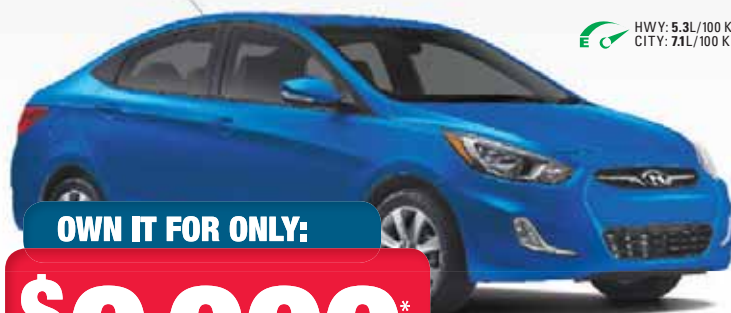
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Newcomers. Changing the face of Halifax

TOM MASON
For Metro

For Lama Issa, immigrating to Halifax meant the opportunity to fulfil her long-cherished dream of opening a business. The native of Jordan, who had been living in Dubai for a number of years with her husband, Issa had been forced to put her entrepre-

neurial dreams on hold.

"It would have been impossible to start a business in Dubai," Issa said. "That's something only wealthy people can do there."

Issa immigrated to Canada in 2007 and was drawn to Halifax as a "safe family-oriented city with plenty of green space." Soon after, she started a home-based chocolate-importing business.

Two years ago, Issa opened Chococafe on Lower Water Street, a coffee shop that serves beverages, Belgian chocolates, desserts and wraps.

Issa is one of thousands of immigrant entrepreneurs who have changed the face of Halifax in the last few decades. Newcomers who have made a huge contribution to the economy include developer Taleb Abidali, named the 2013 Hal-

ifax Chamber of Commerce business person of the year.

Wadih Fares, honorary consul for Lebanon, has spearheaded major development projects throughout Halifax and was awarded the Order of Canada in 2012. And Francis Fares is the developer behind the \$1-billion King's Wharf Dartmouth-waterfront project.

Around 2,400 people im-

migrated to Nova Scotia in 2012. Of all the newcomers who come to the province, two-thirds settle in Halifax — add to that large numbers of temporary foreign workers and about 2,000 international students every year.

Today, about 10 per cent of HRM's population consists of people who were born in other countries.

For Issa, settling in Halifax

was a relatively easy transition. She found help with her business through Immigrant Settlement and Integration Services (ISIS), which provides services to help immigrants participate fully in Canadian life.

Issa is hoping to open a small factory in Halifax to produce her own brand of chocolate and planning to open a second location in HRM.

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Down Home Dog's Jennifer Sinclair with a well-groomed client. CONTRIBUTED

Passion for pets is big business

RICHARD WOODBURY
For Metro

In both his personal and professional life, Perry Falconer has come to realize that many people don't just like their dogs, they are head over heels in love with them. Not surprisingly, they treat them like gold.

"My dogs go to a groomer every four weeks, and I go for a haircut every three months," said Falconer, who owns and operates PetRide Halifax.

Falconer's two-year-old business offers services such as transporting pets to veterinary appointments and visiting homes to take care of them when the owners are away. He also caters to other pets, such as cats, birds and reptiles.

In recent months, Falconer has been working constantly. His schedule likely won't ease up down the road because he hopes to partner with dog walkers and groomers to provide additional services.

The dog care industry in Halifax is diverse, and those who work in it are tapping into the services people want.

"You have to find what you're good at, then do it bet-

ter than other people," said Jennifer Sinclair, the owner of Down Home Dog, a grooming business and retailer on Cunard Street.

Voted best dog groomer in The Coast's 2013 Best of Halifax, Sinclair believes her business is thriving because it's evident to her human clients that she and her groomers are passionate about their work.

"We care more about the well-being of the dogs than the dollar in our pocket," she said.

In Hammonds Plains, Pampered Paws Inn has been open for 10 years, but its focus has changed. It started out as a B&B catering to pet owners, said owner Wendy Gillespie, but today the doggy daycare and sleepover services comprise the lion's share of the business.

When it comes to the sleepovers, people like that their dogs aren't in kennels.

"They sleep on big pillows and blankets," Gillespie said.

Those in Halifax's dog care industry predict that it will grow significantly over the next five years.

"Basically, anybody who wants to work with pets could start their own business," says Falconer.



Buyers looking for alternatives are driving the housing market. GOODLUZ/SHUTTERSTOCK

Boomers driving the local real estate market

Housing. More people choosing to move into apartments and condominiums

GEORDON OMAND
For Metro

Tim Andrews, a Halifax-based market analyst with Canadian Mortgage and Housing Corporation (CMHC), says that Halifax's aging population, which is mirrored across most of the country, is leading to an increase in condo-style apartments, especially rentals, and what he calls a "lock-and-leave" lifestyle.

"The baby boomers are really driving the Halifax market — relatively affluent baby boomers looking for living alternatives," Andrews said. "As you get a little older, maybe you're not interested in climbing stairs, maybe you're not interested in do-

ing as much care on the lawn and garden. These new spacious attractive units attract you."

Roger Boutilier, the head of the Nova Scotia Association of Realtors, agrees.

"There are an awful lot of apartments for rent. There seems to be a mini condo explosion in Halifax."

This shift toward condo-style living appears to have come at the expense of traditional single-detached home sales, which were down nearly 20 per cent in 2013 compared to the previous year.

If Halifax does have a housing hot spot, Boutilier says it would be the city's North End.

"It's becoming the hip place to be," he said.

Bedford is another area experiencing some growth, with several apartment building projects underway over the past few years.

On the whole, real estate in Halifax remains relatively stable, which is the norm for the coastal city.

Apartments for rent

"There are an awful lot of apartments for rent. There seems to be a mini condo explosion in Halifax."

Roger Boutilier, the head of the Nova Scotia Association of Realtors

"We don't experience the high spikes or the dramatic declines that markets like Toronto and Calgary have," Boutilier said.

He attributes that stability to Halifax's more even-keeled economic base.

Still, Boutilier says there is reason to be optimistic about the future of the Halifax housing market, describing a "positive vibe" in the city from all the development projects.

"For the first time in recent memory, all of the key indicators seem good," he said. "Things are looking pretty positive for the real estate market for the next five years."



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Sackville Drive is prospering with a mix of local independent businesses and international giants. CONTRIBUTED PHOTOS



Business in the 'burbs continues to grow

JON
TATTRIE
For Metro

Business challenges in downtown Dartmouth and Halifax are well-known, but what's the climate in suburban areas such as Bedford and Sackville?

Nancy Conrad, the senior vice-president of the Halifax Chamber of Commerce, says after a period of big change, business in those

areas is growing. "The climate is optimistic," she said. "They've been doing a large amount of rebuilding and working hard to make it a vibrant shopping area and business sector."

Both communities preach the virtues of shopping locally and have a core of small to medium-size independent businesses among international giants.

"There's a lot of attention

being paid to make sure that it is an area that keeps its shopping dollars at home," Conrad said.

The tension between big-box stores and local independents is well-known, but Conrad says it's not cut and dried. The big shops challenge smaller businesses, but they also create jobs and keep customers in the area.

"The more choice there is here in our neighbourhoods,

it's less likely that someone is going to get into their car and take their dollars to another part of the province or even to the U.S.," Conrad said.

"If you want your businesses to stay open, you should get out and support them. Whether it's the flower shops or the dry cleaners, all of those businesses create economic opportunity and they hire people. It's money being generated in our community."

The chamber's top hope for 2014 is tax reform. Business owners pay more in property tax than a homeowner would for a similar space in the same area. They also have to deal with additional fees for garbage removal.

"There's an imbalance in who pays and who gets the services," Conrad said.

Michelle Champniss, the executive director of the Sackville Business Improve-

ment District Commission, agrees that the business climate is favourable. Although the Downsview Mall lost its Walmart, it has filled most of that space with a Giant Tiger and GoodLife Fitness.

"It was great to see that when it finally happened," Champniss said. "It started the upward move. They're good solid businesses that see the potential in Sackville to move here and invest."

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The new North End

Neighbourhood. Fresh ideas and rapid growth are helping revitalize this area of Halifax

NICOLE TRASK
For Metro

With a plethora of unique businesses and developments cropping up, North End Halifax is being rejuvenated and attracting a wider demographic of new residents and entrepreneurs.

Louis Lemoine, the vice-president of Polycorp Group of Companies, believes the North End is the ideal setting for Q Lofts, one of his company's most recent developments.

"Q Lofts will likely appeal to young professionals and empty nesters," Lemoine said. "Our residents may be looking to simplify their lives and live in an area where they can walk or bicycle a short distance and find everything they need."



Located on Roberts Street, Q Lofts are modern, spacious condominiums that should be ready for people to move into in the summer. Polycorp is aiming for LEED Platinum Certification and hopes to attract a new wave of urban dwellers.

Lemoine said there were many elements that led to the decision to build in the area. Comparing nearby Agricola Street to Montreal's Plateau neighbourhood, he notes that the flat landscape

makes it ideal for walking, and with new restaurants and cafés opening, residents won't need to go far to dine and socialize.

Another recent North End venture is The Nook on Gottingen Street, a café and lounge serving local and homemade cuisine, coffee and cocktails. Owners Mark Pavlovski and Katie Roux opened The Nook last November and, as residents of the area themselves, couldn't be happier with



Q Lofts will appeal to young professionals and empty nesters looking to simplify their lives. CONTRIBUTED PHOTOS

their choice of business location.

"To me, it appears that more and more 20- and 30-somethings like myself are finding the North End the place to be," Pavlovski said. "With that come fresh ideas and rapid commun-

ity growth, which are good things."

With other new businesses such as EDNA, Field Guide, Agricola Street Brasserie and Lion & Bright Café recently opening, The Nook is among good company.

According to Pavlovski,

it's the ideal time to be living and working in Halifax's North End. "It's exciting to be a part of this growth. Every new addition to the neighbourhood makes it more of a destination, and every new business that opens contributes to that in a big way."



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Growing fresh ideas

Common Roots.

Success of first urban farm means more may sprout in the future

ALLISON
LAWLOR
For Metro

Not far from one of Halifax's busiest intersections, you will find parents, young children, seniors and teenagers working together, tilling rows of potatoes, kale, carrots, and countless varieties of tomato.

The 1.4-hectare site, where Queen Elizabeth High School once sat before it was demolished, is now home to the wildly successful Common Roots Urban Farm. Named the best community project by The Coast last year, Common Roots has not only transformed a former demolition site into lush gardens, but also grown its number of small garden plots to 121 last year, up from 42 in 2012.

The hope is that another 30 plots will be added this



spring. To date, the farm has donated more than 700 kilograms of fresh produce to Parker Street Food Bank.

"The farm couldn't be what it is if there weren't this great group of volunteers," said Jayme Melrose, the project's co-ordinator.

Hundreds of volunteers tend the garden plots, working alongside one paid full-time farmer. Every week, patients from the hospital next door, some with brain injuries or mental health illnesses, also come to help.

On land owned by Capital Health, the farm project is reaching its mandate by producing fresh food, teaching people about healthy living and providing volunteer and job opportunities for young people.

Community support for the project has been overwhelming since its first day in June 2012, when about 200 people showed up to help transform what was then just a big lawn.

This growing season, Melrose wants to continue producing as much food as possible for Parker Street Food Bank, as well as start supplying Capital Health's cafeterias with fresh produce. She would also like to start selling vegetables directly from the farm every week. Experienced gardeners or those wanting to learn are always welcome to lend a hand. Farm hosts are on-site every day to answer questions from visitors or put them to work.

"In an ideal situation, in five years, there would be another three urban farms in the city," Melrose said.



Common Roots Urban Farm has transformed a former demolition site into lush gardens. JAYME MELROSE PHOTOS

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CODE 170



Keeping young people involved in green projects is important for the environment. JOEL MANSVELT PHOTO

Keeping it green. Don't mess with a good thing

ALLISON
LAWLOR
For Metro

Halifax loves being green. But to make it the envy of cities across North America, the experts say more needs to be done.

When it comes to environmental stewardship, Halifax has been an early innovator on many fronts, says Mark Butler, the policy director at the Ecology Action Centre. Halifax was one of the first municipalities in the country to put restrictions on cosmetic pesticides, the kind homeowners use to keep weeds off their lawns.

The city and province were also cutting edge when it came to waste, composting and recycling, programs that won kudos around the world. "The message there would be not to mess with a good thing," Butler said.

With programs such as Solar City, the municipality is helping homeowners use

Solar City

"They're doing more innovative stuff around energy."

Mark Butler, the policy director at the Ecology Action Centre

solar power to heat water in an effort to reduce greenhouse gases and conserve water.

"They're doing more innovative stuff around energy," Butler said.

The other good news is that the city is trying to incorporate more alternative energy systems into its municipal buildings, including solar panels and heat exchangers.

When it comes to transportation, Butler thinks the city could do a better job with its public system by making it more affordable. He would also like to see growth in the area's active transportation system, with more bike lanes and good walking paths.

Halifax also needs to put more thought into its growth plans for the future. Large commercial developments such as Dartmouth Crossing are eating away at the downtown core, by adding to a car culture and creating more urban sprawl.

"Barrington Street isn't what we'd like it to be in terms of vitality," Butler said. "If you don't have a strong centre, it hurts the city and the whole province."

Butler promotes the idea of creating a greenbelt around Halifax, following examples from cities like Ottawa and Victoria. By designating large areas of undeveloped, wild or agricultural land surrounding or neighbouring the urban centre, an invisible border is created, preventing development of the area. Wildlife returns, the city's air and water is cleaner and residents have more access to trails.

"A green belt done right can be good for everyone," Butler said.

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A new chapter for Spring Garden Road

Anticipation. The Central Library is being heralded for its unique architecture

JENNIFER
TAPLIN
For Metro

Anticipation for the new Halifax Central Library on Spring Garden Road isn't only a local thing. Recently, Azure Magazine, a Toronto-based architectural and design publication, included the library in its list of 10 projects to watch in 2014.

Azure called the library "a rare insertion of unabashedly contemporary architecture in a city known more for its charming seaside atmosphere than its forays into the avant-garde."

Central Library director Bruce Gorman says the design of four misaligned sections is definitely unique to Halifax. The building, which is set to open its doors this fall, is weather tight; crews are now



The new Central Library in downtown Halifax is generating architectural-design buzz. METRO HALIFAX FILE

turning to the more refined construction work such as framing and drywalling.

"We're adding some cool

technology called automated materials handling, which is a series of conveyor belts," Gorman said. "People will

put their books in the book drop on the Spring Garden Road side and Queen Street side, and the books will find

their way through the ceiling to the circulation area."

The meeting spaces, auditorium, cafés, public plazas,

and many other features will create what Gorman calls a "third space" for HRM residents.

"It's not home or where you work; it's another space you call your own."

In five years, Gorman suggests that will be the legacy of the library — a place that becomes a part of people's lives.

"We're opening the door to things people need in their lives and places where they can go. The legacy will be far-reaching and will weave into the tapestry of the city in a much different way than we ever have before."

Spring Garden Road businesses are looking forward to the increased foot traffic the library will provide. The additional 88 underground parking spots won't hurt either.

"We're hopeful that people are going to come to the library, then they're going to go meander around on our streets," said Nancy Tissington, the executive director of the Spring Garden Area Business Association. "That's the vision everyone sees."



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GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies,



The average Canadian spends \$650 a month on food. ISTOCK

books, magazines, hobbies, gym, club, sports)

- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about \$1,611 a month to keep a roof over

your head, \$650 on food, \$280 a month on clothes, \$936 on transportation (jeez, really?), and \$309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into mak-

ing things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important

we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

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Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

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Can't Wait To File?

Q When can I file my return?

A I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q I haven't filed a tax return in five years. What is the best way to catch up?

A My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

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Enough inspiration for generations to come

Black History Month. Here are three Canadians who have made a huge difference in our country



TAKARA SMALL
life@metronews.ca

The list of black Canadians who have changed the country for the better are too many to count. The inventions, human rights progression and inspiration they have provided will be felt for years to come.

Viola Desmond

An activist, Viola Desmond was at the centre of one of Nova Scotia's most controversial civil rights episodes.

In 1946, she refused to leave the white-only section of a theatre in New Glasgow. Her refusal to adhere to the racist policies of the time resulted in

her arrest and charges.

This, along with her efforts to combat the province's segregation laws, helped change local legislation, raise awareness and inspire a generation. The Nova Scotia government posthumously pardoned her in 2010.

Lincoln M. Alexander

A Canadian leader who broke race barriers, Lincoln M. Alexander was a statesman whose life and career were a series of groundbreaking firsts in this country.

Elected as Canada's first black member of parliament in 1968, and later appointed lieutenant governor of Ontario, he was an active proponent for equality even when he was at times treated as a second-class citizen in his own country.

Born to a maid and railway porter, he was the first in his family to pursue a post-secondary education and would also become a successful lawyer and community leader.

Elijah McCoy

Elijah McCoy was born in 1844 to former slaves who escaped to Canada from the United States. He studied mechanical engineering in Scotland and became known for inventing and patenting a device that lubricated a train's moving parts while the train was in motion. McCoy, who held more than 50 patents, is also credited with inventing the portable ironing board.

His other contributions go beyond his achievements in engineering. The popular saying "the real McCoy," often used to refer to something authentic compared to a poor imitation, is in reference to him.

Go online

There is more on Black History Month online. Visit metronews.ca to read stories, and to add to this list and share your thoughts on other great black Canadians.



Canada Post honoured Viola Desmond on a stamp in 2012 CONTRIBUTED



Lincoln M. Alexander
CONTRIBUTED



Elijah McCoy CONTRIBUTED

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Tame workplace mess for less stress

Office life. Tidying up and being tech smart can relieve anxiety

Does your workplace stress you out? It may not be the everyday tasks, projects and deadlines, but rather the physical environment.

Maybe your desk is too messy, or your colleagues are too loud. Perhaps your boss is always looking over your shoulder, the dated technology gives you anxiety or you can't stand the fluorescent lights.

If any of these resonate with you, there's a chance that your physical workplace is affecting your attitude and performance.

According to the recent Connected Workplace report, commissioned by Rogers Communications and conducted by Harris/Decima, 76 per cent of Canadians believe technology helps them to be more efficient and productive at their job. And 30 per cent of respondents report that staying connected to their work with mobile technology helps them to enjoy a healthier work/life balance.

Creating a stress-free environment for you and your team can pay off big time. Whether you are an executive, manager or team member, you can have an impact on the stress level of your co-workers by using technology and other techniques.

Here are three ways to do this every day of the week:

Keep your workspace clean and organized. Clear all the clutter around your desk. File away completed projects.



Earning your bread and butter is easier without the clutter. ISTOCK

Digitize printed documents. Recycle or shred anything that you do not need a copy of.

Use technology. Modern technology has changed the way we do business. There are numerous tools that allow people to collaborate and share from anywhere, like interactive calendaring and

video conferencing.

Be a good communicator. Sixty per cent of those surveyed believe smartphones and tablets have a positive effect on workplace communication. Stay productive with file sharing tools and mobile worker solutions and devices.

NEWS CANADA

'Round the world wisdom

Hooray for the team that backs you

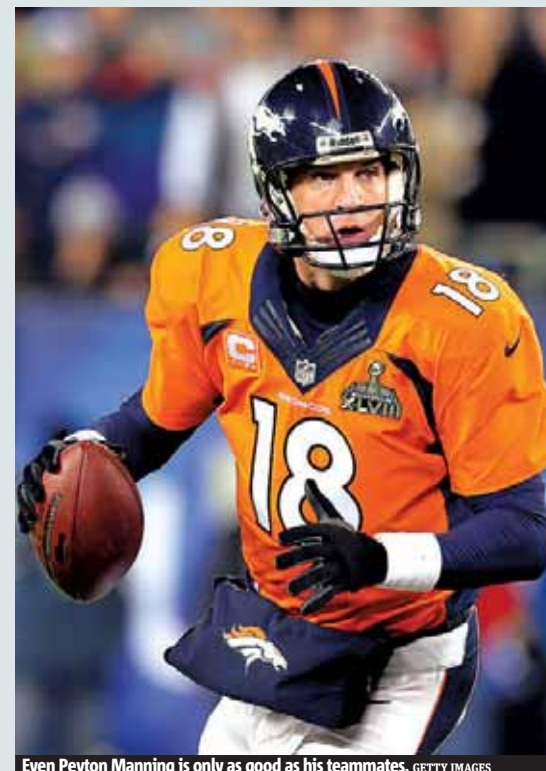
The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfán Danís
life@metronews.ca

During the one-sided Super Bowl on Feb. 2, commentators repeatedly argued that losing Broncos player Peyton Manning — arguably the best quarterback in the league — was unsuccessful due to an inept offensive line. The massive muscle men of the Denver Broncos were unable to defend him from the charging Seattle Seahawks players.

In football, an offensive line gives a quarterback that precious extra second to complete a pass or a play, allowing the team to score. Without that time, quarterbacks inevitably misthrow or get sacked and teams lose field position. In essence, while it takes a talented quarterback to win, without a strong offensive line, all is lost. Yet, little credit goes to



Even Peyton Manning is only as good as his teammates. GETTY IMAGES

those mostly anonymous five men on the line.

Although I ran the Gobi desert alone, dozens of friendly volunteers catered to all the runners' well-being. Back home, I had my own offensive line, one that for six months prior supported and got me to the point where I was able to lace up. My offensive line was fortified with hundreds of financial pledgers, sponsors, well-wishers, my 10 business partners, six medical specialists, two mentors, one trainer and

most of all, my family. Each family member, particularly my spouse, took on a greater share of home responsibilities which in turn enabled me to prepare and train adequately so that all that was left to do was to run.

Be it in football or desert running, while leading a big project, or in life, nothing can be accomplished without a strong offensive line. And for many, it starts with family.

STÉFÁN DANÍS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Hearty warmth in Mussels over Soba Noodles



ROSE REISMAN
For more, visit
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During the colder months, there is nothing more comforting than a hearty pasta dish.

But we're all tired of spaghetti with meat sauce and the calories and fat from trad-

itional fettuccine alfredo is just not worth it.

So I decided to take nutritional soba noodles with readily available mussels and make an Asian dish. The combination of flavours makes this dish sensational.

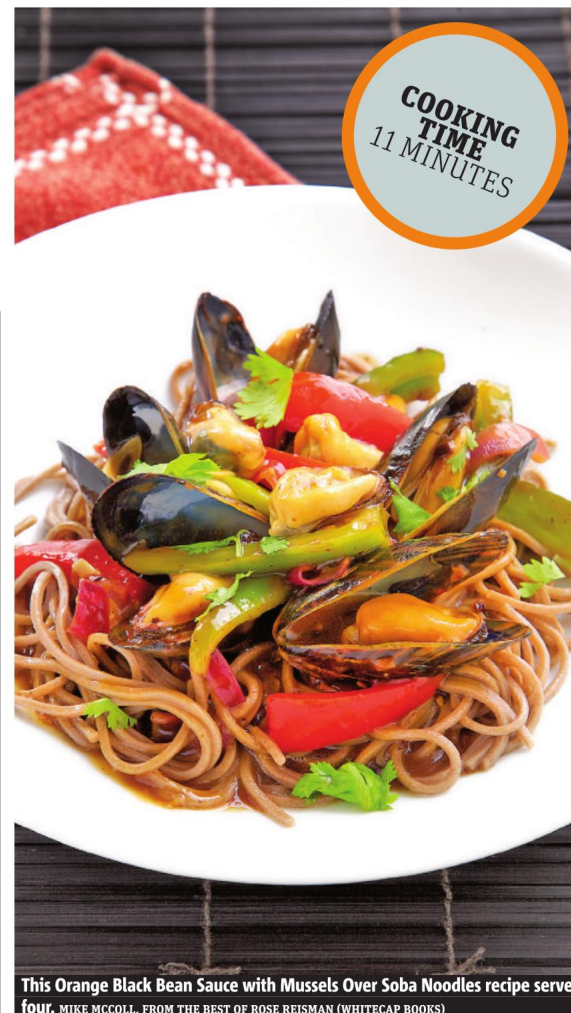
Soba noodles are the Japanese version of pasta but made with buckwheat flour, which gives it the nutty flavour and texture. These noo-

dles contain double the fibre that is in white flour pasta.

Be sure to buy the freshest mussels you can. Mussels contain more than nine times the vitamin B12 of beef and over eight times the iron of chicken. As well, they have more omega-3 fatty acids than all other shellfish. You can substitute clams, shrimp, scallops or squid for the mussels, or try

a combination of seafood.

You'll find black bean sauce in the Asian section of your supermarket. It is a rich robust sauce using fermented Chinese black beans, garlic, sugar and soy sauce. Kikkoman makes a great black bean sauce and you use it straight from the bottle. Don't buy fermented black beans, which are too intense for this dish.



This Orange Black Bean Sauce with Mussels Over Soba Noodles recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

You can actually prepare the sauce and vegetables early in the day and complete the recipe just before serving.

I often make the sauce in advance and keep it in the refrigerator for up to a week.

It also is a great dipping sauce for satays or rice paper rolls, but just omit the cornstarch.

This is a quick one-pot dish that gives you your protein, complex carbs and vegetables.

4. Add the sauce and mussels to the vegetables. Cover and cook for about 3 minutes just until mussels open. (Discard any that do not open).

5. On a serving platter, arrange the noodles and pour the mussel mixture overtop. Garnish with cilantro and serve immediately.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 cup orange juice
- 3 tbsp honey
- 3 tbsp black bean sauce
- 1 1/2 tbsp cornstarch
- 6 oz soba noodles
- 2 tsp vegetable oil
- 1 cup sliced onions
- 1 1/2 cups thinly sliced red bell peppers
- 1 cup thinly sliced green bell peppers
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 2 lb fresh mussels, cleaned
- 1/2 cup chopped fresh cilantro or parsley

Directions

1. Combine the orange juice, honey, black bean sauce and cornstarch and mix until smooth.

2. Bring a pot of water to a boil. Add the soba noodles and boil for 5 minutes until tender. Drain and set aside.

3. In a non-stick wok or large saucepan sprayed with vegetable spray, heat the oil over medium-high heat. Add the onions and cook for 3 minutes or until lightly browned. Add the red peppers, green peppers, garlic and ginger and cook for 3 minutes.



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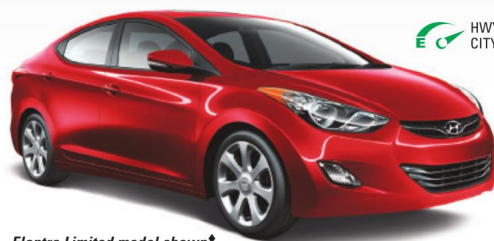
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Gadoury marks return to lineup with two-goal game

QMJHL. Another impressive offensive showing as Herd earns its third straight win

Philippe Gadoury finally made his return to the Halifax Mooseheads lineup, and showed no worse for wear on Sunday afternoon.

Sidelined with a concussion since Jan. 25, the 20-year-old forward scored a pair of goals to lead the Herd to a 6-0 victory over the Bathurst Titan before an audience of just 340 at Centre Régional K.C. Irving.

"It was good to have him back and see him play well," said head coach Dominique Ducharme. "But we played a solid, complete 60 minutes of hockey. We played with speed; we were good on both sides of the ice. We're happy with the way we played."

Rejoining the team's top line alongside Nikolaj Ehlers

and Jonathan Drouin, Gadoury got the ball rolling for the Herd, scoring just over six minutes into the contest.

The Mooseheads never let up, outshooting Bathurst 34-17, scoring four times in the second period and one more in the final frame.

It was the first time Gadoury teamed up with the Mooseheads' leading goal scorer Ehlers, who along with Drouin picked up a goal and an assist for seven points each in their last three games.

"I like the way they played; they had a lot of scoring chances," said Ducharme.

Gadoury now has seven goals and three assists in nine games with the Herd.

Danny Moynihan and Luca Ciampini rounded out the scoring for the Mooseheads, who earned their third win in a row and improved to 37-18-0-3, remaining in third place in league standings and seven points out of top spot.

Zachary Fucile earned his fourth shutout of the season as well as his 27th victory of the year.

Darcy Ashley, Connor Moynihan, Sam Leblanc and Brian Lovell all missed Sunday's game due to injury.

The Herd is back in action at home against the Charlottetown Islanders on Wednesday.



Halifax Mooseheads forward Philippe Gadoury. JEFF HARPER/METRO

Quoted

"It was a solid win, the way we want to play consistently."

Mooseheads head coach Dominique Ducharme



A.J. Burnett speaks at a press conference on Sunday in Clearwater, Fla.

CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

Home at heart of aging Burnett's decision

A.J. Burnett and the Philadelphia Phillies have completed a contract that guarantees the pitcher \$15 million US for 2014 and \$22.5 million over two seasons.

Under the deal finalized Sunday, Burnett would make \$33.5 million over two seasons

if he makes 30 starts or more in both years.

The 37-year-old, who pitched for Pittsburgh for the last two seasons, chose the Phillies over the Pirates, he said, because of the proximity to his home in Monkton, Md.

"An hour and a half," Bur-

nett said of the commute to Philadelphia from home. "I can drive home and stay in my own house if I want to.... This is the first time in my career I made a decision that wasn't about A.J. Burnett. It was about my wife. It was about my kids."

THE ASSOCIATED PRESS

AUS basketball

Lady Huskies nearly home free to perfect season

They're still perfect.

East Preston's Justine Colley added to her league lead in scoring with 22 points to help power the Saint Mary's

Huskies to an 85-52 pounding of the UNB Varsity Reds on Saturday.

Getting off to a huge 26-12 first-quarter lead, the Huskies never looked back from there, outscoring the home squad the rest of the way. The AUS's second leading scorer Rachelle Coward chipped in with 15 points. The Huskies (18-0) will aim for a perfect campaign

when they host the Memorial Sea-Hawks in their final two games of the regular season on Friday and Saturday. METRO

AUS hockey

Huskie men also rolling with the playoffs up next

The Saint Mary's Huskies finished off their regular season on a perfect note.

The Huskies scored four first-period goals en route to a 6-1 road victory over the St. Thomas Tommies on Saturday. Gerrad Grant, Stephen Johnston, Stephen MacAulay, Lucas Bloodoff, Jeff Marchand and Cory Tanaka each scored for the Huskies. In their other

road matchup, SMU used a three-goal third period to beat the P.E.I. Panthers 5-2 on Friday. Johnson led the way for the Huskies with a pair of goals while Grant, Michael D'Orazio and Ryan Hillier added singles. Anthony Peters made 36 saves in the victory.

The Huskies will face U.P.E.I. in the quarter-finals.

METRO

Crosby stays mum

Selanne rips
referee's
penalty call

Sidney Crosby was reluctant to share but Finnish captain Teemu Selanne was only too happy to discuss what was being talked about on the Olympic ice Sunday.

The Pittsburgh Penguins star and veteran Anaheim Duck seemed to have a running conversation when they were on the ice, especially early on in the game — won 2-1 by Canada in overtime.

The exchange seemed triggered by an interference call on Jarkko Immonen for taking Crosby down at 12:28 of the first period. The contact did not seem excessive but the call was made and Drew Doughty scored on the ensuing power play to give Canada a 1-0 lead.

Selanne said after the game that he had complained to the referee, not Crosby.

"I thought it was not a very good call," said Selanne. "I said if that had been anybody else, a Norwegian player or somebody, they would not call that."

"Obviously it was a Canadian referee. He did a good job but I was just trying to remind him forget the names on the back, you've got to do the job that you have been doing the whole tournament. But they did a good job. I didn't tell Crosby anything."

Sunday's referees were Kevin Pollock of Canada and Jerabek Antonin of the Czech Republic.

Asked about Selanne, Crosby basically said he was "commenting on his comment."

"I leave conversation on the ice on the ice," he said. "Two guys competing, obviously emotional. If he wants to talk about it, let him, but I don't think it was much. Just two guys who are pretty intense."

The Finns seemed to pay particular attention to Crosby, with Carolina Hurricanes forward Tuomo Ruutu thumping the Canadian captain into the glass early in the game.

Playing with a variety of different linemates, Crosby has two assists in Canada's three games. **THE CANADIAN PRESS**

When in Doughty ...

Let Drew do it.

Blue-liner's pair propels Canada past Finns to finish off preliminaries

Team Canada coach Mike Babcock understood that beating Finland in regulation would have meant a favourable quarter-final matchup against either Slovenia or Austria, and he didn't take too kindly to being asked if he would have preferred that.

Not long after needing overtime to beat Finland 2-1 Sunday night at Bolshoy Ice Dome, Babcock leaned into the microphone and sharpened his tone.

"Do you think we didn't try to do that?" he said. "They tried to win, we tried to win."

Babcock looked over at Finnish coach Erkki Westerlund and asked: "You were trying to win, weren't you?"

Westerlund replied simply: "Yes. Congratulations."

The congrats came after Drew Doughty's goal 2:32 into OT and Canada finished atop Group B with eight points. But by failing to win in regulation, the Canadians made their path to a gold medal more difficult, as they'll face either stingy Switzerland or plucky Latvia in the quarter-final Wednesday.

"I think it's hokey when you're trying to pick your spots and trying to avoid teams," Babcock said. "You've got to beat the best to be the best. We came here to be tested, not not to be tested. To win an Olympic gold medal, you should have to battle incredibly hard to make that happen."

As players stressed off the ice, most didn't know what matchup they were getting next. Upon hearing it would be Switzerland or Latvia, forward Matt Duchene said, "That's news to me."

"Just strictly play the game," said Doughty, who had both of Canada's goals, including one on the



Canadian forward John Tavares celebrates Drew Doughty's overtime goal against Finland's Tuukka Rask at Bolshoy Ice Dome on Sunday. BRUCE BENNETT/GETTY IMAGES

Group B

2

Canada

1

Finland

power play 13:44 into the first period. "Just get the win.... We don't care who we face."

The Canadians spent much of the night on the outside of the wider international ice surface as the Finns clogged up the middle. Even though Canada put 27 shots on Tuukka Rask, many of them were not from prime scoring areas.

That's due in large part to a strong effort from Finland, which made a conscious effort to frustrate Canadian stars accustomed to NHL ice.

"We were trying to keep

them outside because the angles are not so good as in the NHL because of the big ice surface," Teemu Selanne said. "I think most of the game we did a good job."

Doughty, whom Los Angeles Kings and Canada teammate Jeff Carter called the most skilled player he has played with, was up for providing the offence. Other than those goals, though, the super-talented Canadian forwards struggled to produce much.

Duchene blamed the ice, which is 15 feet wider than in the NHL.

"It's the nature of this game, this international game," he said. "This is why the NHL should never go to a big ice, it'll take the scoring out of the game. You're able to play way more defensive on the big ice."

Canada will probably have to do a lot of things better in the coming days to avoid early elimination. If the Canadians get past the quarter-finals, a potential showdown with the unbeaten and impressive Americans awaits in the semi-finals.

There are still plenty of wrinkles to iron out, but forward John Tavares is confident he and his teammates will be ready.

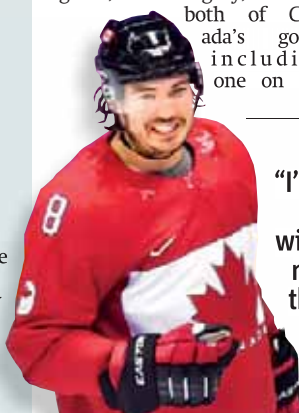
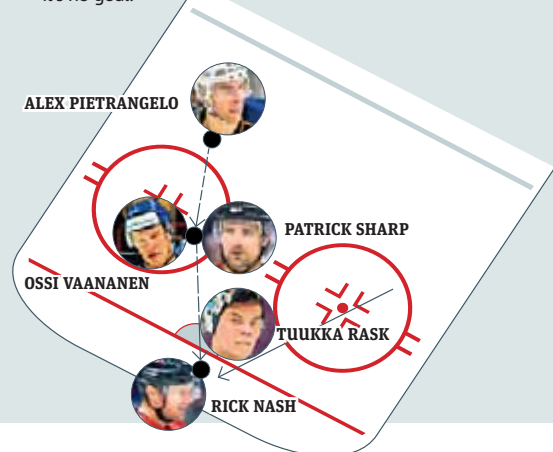
"Ready or not," he said, "we've got to go."

THE CANADIAN PRESS

Meshed up

A day after Russia had a goal taken away against the U.S. because the net was slightly off its moorings, Canada had a bizarre goal wiped out against Finland.

- Alex Pietrangelo's shot hit Finnish defenceman Ossi Vaananen's stick, popped into the air and landed on top of the net behind Tuukka Rask. Rick Nash swatted the top of the net to dislodge it and it bounced in behind Rask.
- Officials determined it was no goal because of a high-stick. IIHF rules state that a goal is disallowed "if an attacking player contacted the puck with the stick above the crossbar."
- The IIHF case book says: "If the player knocked the puck off without a high-sticking infraction and he was not in the goal crease at the moment the puck dropped into the crease, the goal shall be allowed."
- Canada coach Mike Babcock said he thought it would be waved off because "as soon as it's on top of the net, the easy way out is it's no goal."



"I'm ready to go. I'm used to the ice sheet. I'm used to playing with these guys. I'm just excited now. I forget about everything that's going on around me and I'm just focused on my game and having fun."

Drew Doughty, who is thriving on the larger international ice surface in his second Olympic Games.



Canada's Jan Hudec skis in the men's super-G at the Sochi Winter Olympics in Krasnaya Polyana, Russia, Sunday. JONATHAN HAYWARD/THE ASSOCIATED PRESS

Bronze medal eases his pain

Super-G. Hudec fields his Olympic dream by reaching podium, the first Canadian alpine skier to do so since 1994

A high pain threshold and the fervent belief he had more to accomplish in ski racing put an Olympic medal around Jan Hudec's neck.

With bone grinding on bone in his right knee and an aching back that had him bedridden just a few weeks

ago, the 32-year-old Calgarian won bronze in Sunday's super-G for Canada's first Olympic alpine ski medal since Edi Podivinsky's downhill bronze in 1994.

Seven knee surgeries — six on the right and one on the left, and four of them full-on reconstructions — stalled Hudec's racing career several times between 2003 and 2010.

"It's a story of perseverance and patience and humility sometimes," Hudec said. "A silver lining is bronze today."

Kjetil Jansrud won the fourth straight Olympic super-

Other Canadian results

Morgan Priddy of Whistler, B.C., was 10th on Sunday and Manuel Osborne-Paradis of Invermere, B.C., tied for 24th.

- Erik Guay of Mont-Tremblant, Que., who was the top Canadian in 10th in the downhill last week, was disqualified from the super-G.

G gold medal for Norway in a time of one minute 18.14 seconds. Jansrud also won

bronze in the downhill. Andrew Weibrecht of the United States was the super-G silver medallist .30 seconds back of Jansrud.

Hudec actually tied for third with American veteran Bode Miller, the oldest alpine skier to medal at 36, in 1:18.67.

The Canadian joked he would rather have shared gold before adding sincerely he wished he shared the podium with one of his teammates.

"As long as they don't give me just half the medal I'm fine with it," Hudec quipped.

THE CANADIAN PRESS

Snowboard cross. Failure fuels Maltais' drive to Sochi success



Dominique Maltais felt the joy of Olympic success eight years ago and the crushing blow of failure four years later.

She used that painful feeling to propel her back to the Olympic podium at the Sochi Games.

Maltais survived a wild semi-final run and came through with a strong effort in the final to win a silver medal Sunday at Rosa Khutor Extreme Park. The performance erased any lingering disappointment from that early exit in Vancouver in 2010.

"I decided to have revenge and show the world how good I can be and how fast I can be on the course," Maltais said. "The last four years I have been improving myself and focusing to get faster on that kind of track just for today."

"I made it happen today so I'm really, really happy."

Eva Samkova of the Czech Republic was dominant in her heats and never trailed in the final. France's Chloe Trespeuch was third.

Defending champion Maëlle Ricker of West Vancouver, B.C.,

went down in the quarter-finals after trying to make a pass on a turn. She did well just to make it to Sochi after undergoing wrist surgery a few weeks ago.

Maltais won bronze at the Turin Games when snowboard cross made its Olympic debut. She was a contender heading into Vancouver but a training crash left her battered and she didn't advance to the elimination heats.

The 33-year-old rider from Petite-Rivière-St-François, Que., completely changed her routine after the experience with one goal in mind — redemption in Sochi.

Maltais became more proactive in all areas of her snowboarding. She changed her diet, workout regimen and training plans. THE CANADIAN PRESS

Quoted

"Hard work pays off and I think it did today."

Dominique Maltais



Canada's Dominique Maltais celebrates winning the silver medal in the women's snowboard cross on Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

Virtue, Moir looking up at rivals after short dance



Tessa Virtue and Scott Moir of Canada compete in the short dance on Sunday in Sochi. BERNAT ARMANGUE/THE ASSOCIATED PRESS

The moment the music ended, Scott Moir turned and skipped across the ice, dancing to his own impromptu bit of choreography. He scooped partner Tessa Virtue off her feet and buried his face in her shoulder.

While the moment was exactly what Moir and Virtue had been hoping for, the marks, however, were not.

Canada's defending Olympic ice dance champions finished second in the short dance Sunday at the Sochi Games after laying down a virtually flawless performance.

Scores get thumbs down

Canadian skating fans voiced their outrage on Twitter over what they deemed a large margin of difference between the first- and second-placed teams. The Americans topped Canada's darlings on the technical mark, plus all five component scores.

"That was more like it. I said to Tessa right after we finished, 'That's the skate we'd

been having in practice,' and to do that on this stage, it felt pretty good," Moir said.

Virtue, from London, Ont., and Moir, from Ilderton, Ont., scored 76.33 to finish 2.56 points behind American rivals Meryl Davis and Charlie White. Virtue and Moir's mark was more than a point below their season's best. The Americans' mark was a world short program record.

"We sat in the kiss-and-cry and kind of looked at each other and said 'It doesn't matter,' because that was the mo-

ment we wanted to have," Virtue said.

When the Americans completed their skate, they also embraced. "We kept in the moment and neither of us was pushing it," White said. "We were out there enjoying each other's company."

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., were seventh, while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th, qualifying to move on to Monday's free dance.

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MEDALS

Through Sunday's Events
(55 of 98 medals)

Nation	G	S	B	Total
Netherlands	5	5	7	17
Russia	4	7	5	16
United States	4	4	8	16
Norway	5	3	6	14
Canada	4	6	4	14
Germany	7	3	2	12
Sweden	2	5	2	9
Switzerland	5	1	1	7
Austria	2	4	1	7
France	2	0	4	6
China	3	2	0	5
Japan	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4

WHAT CANADA DID

SUNDAY

ALPINE SKIING

Men's Super-G — Jan Hudec, Calgary, tied for **bronze medal** (one minute 18.67 seconds); Morgan Priddy, Whistler, B.C., 10th (1:19.19); Manuel Osborne-Paradis, Vancouver, 24 (1:20.19); Erik Guay, Mont-Tremblant, Que., disqualified.

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton, rank fourth after the opening two runs (1:53.26); Chris Spring, Calgary, and Jesse Lumsden, Burlington, Ont., eighth (1:53.43); Lyndon Rush, Humboldt, Sask., and Lascelles Brown, Calgary, ninth (1:53.48).

CROSS-COUNTRY SKIING

Men's 4x10 kilometre relay — Canada (Len Valjas, Toronto; Ivan Babikov, Canmore, Alta.; Graeme Killick, Fort McMurray, Alta.; Jesse Cockney, Canmore, Alta.) placed 12th overall (one hour 33 minutes 19.0 seconds).

CURLING

Women — Canada (8-0) defeated the U.S., 7-6 in an extra end to clinch first place with one game remaining in the round robin.

Men — Canada (7-2) earned a berth in the semifinals after beating the U.S. 8-6, and 9-8 over China in an extra end.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and

Scott Moir, Ilderton, Ont., rank second after the short program (76.33 points); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., seventh (65.93); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 18 (55.91).

HOCKEY

Men — Canada (2-1-0-0) ended the preliminary round with a 2-1 overtime win over Finland.

SNOWBOARDING

Women's snowboardcross — Dominique Maltais, Petite-Riviere-St-Francois, Que., **silver medal**; Maelle Ricker, West Vancouver, B.C., did not advance after failing to finish in her quarter-final heat.

SPEEDSKATING (LONG TRACK)

Women's 1,500 — Kali Christ, Regina, 16th (1:58.63); Christine Nesbitt, London, Ont., 17 (1:58.67); Brittany Schussler, Winnipeg, 26 (2:00.65); Brianne Tutt, Airdrie, Alta., 35 (2:03.69).

CURLING

All Times Eastern

MEN

Sunday's results

Canada 8 United States 6
Norway 7 Britain 6
Sweden 8 Russia 4
Canada 9 China 8 (extra end)

Denmark 6 Germany 3
Norway 5 Switzerland 3
Sweden 6 United States 4

Saturday's results

Canada 7 Britain 5
China 9 Russia 6
Sweden 8 Germany 4
Switzerland 9 Denmark 3

Monday's games

China vs. Britain, 7 a.m.
Germany vs. Russia, 7 a.m.
Switzerland vs. United States, 7 a.m.
Norway vs. Denmark, 7 a.m.

End of Round Robin

WOMEN

Sunday's results

Canada 7 United States 6 (extra end)
Denmark 7 South Korea 4
Japan 9 Switzerland 7
Sweden 5 Russia 4

Saturday's results

Britain 10 South Korea 8
Canada 8 Japan 6
China 7 Sweden 6

Sweden 7 United States 6

Canada 5 Russia 3

Denmark 9 China 6

Switzerland 8 Britain 6

Monday's games

Russia vs. Britain, 12 a.m.

South Korea vs. United States, 12 a.m.

Japan vs. China, 12 a.m.

Canada vs. South Korea, 10 a.m.

China vs. Switzerland, 10 a.m.

Denmark vs. Britain, 10 a.m.

Sweden vs. Japan, 10 a.m.

End of Round Robin

HOCKEY

MEN

PRELIMINARY ROUND

Group A

	GP	W	OTW	OTL	L	GF	GA	Pt
x-U.S.	3	2	1	0	0	15	4	8
Russia	3	1	1	1	0	8	5	6
Slovenia	3	1	0	0	2	6	11	3
Slovakia	3	0	0	1	2	2	11	1

Group B

	GP	W	OTW	OTL	L	GF	GA	Pt
x-Canada	3	2	1	0	0	11	2	8
x-Finland	3	2	0	1	0	15	7	7
Austria	3	1	0	0	2	5	17	3
Norway	3	0	0	0	3	3	12	0

Group C

	GP	W	OTW	OTL	L	GF	GA	Pt
x-Sweden	3	3	0	0	0	10	5	9
Switzerland	3	2	0	0	1	2	1	6
Czech Rep.	3	1	0	0	2	6	7	3
Latvia	3	0	0	0	3	5	10	0

x — advances directly to quarter-finals

Sunday's results

Austria 3 Norway 1
Canada 2 Finland 1 (OT)
Russia 1 Slovakia 0 (SO)
United States 5 Slovenia 1

End of Preliminary Round

Saturday's results

Slovenia 3 Slovakia 1
Sweden 5 Latvia 3
Switzerland 1 Czech Republic 0
United States 3 Russia 2 (SO)

WOMEN

Playoffs

Monday's games

Semifinals — All Times Eastern
U.S. vs. Sweden, 7:30 a.m.
Canada vs. Switzerland, 12 p.m.

Jacobs' shaky start swept under rug

Curling. Canadian men's team finishes round-robin strong, in second place

Brad Jacobs' slow start at the Sochi Olympics is a distant memory.

Jacobs' rink from Sault Ste. Marie, Ont., clinched second place in the round-robin of the Olympic men's curling tournament with two wins Sunday, including a 9-8 extra-end victory over China. Jacobs ended the game with a draw to the button on his last stone.

Jacobs' squad finished the round-robin with a 7-2 record.

That's a huge difference from how Canada started, with a shaky win over Germany followed by consecutive losses to Sweden and Switzerland.

"When you come to an Olympics, there is so much hype about gold, gold, gold, gold, especially with the Canadian men's curling team because it is so successful," Jacobs said.

"We kind of let that get to us a little bit so we had to refocus, regroup ... and stay in the present. Forget about the gold medal. It was all mental. It's character-building."



Brad Jacobs watches as Ryan Harnden, left, and E.J. Harnden sweep in a match against the United States on Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

Canada opened Sunday's action with an 8-6 win over the United States.

In the women's draw, Canadian skip Jennifer Jones continued her stellar play, scoring a single on the final throw of the extra end to beat the United States 7-6 on Sunday. The win improved Canada's record to 8-0 and guaranteed the Winnipeg rink the top seed in the playoffs. **THE CANADIAN PRESS**



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East stars best the West

The Western Conference's Blake Griffin of the Los Angeles Clippers dunks in the first half of the NBA All-Star Game at the Smoothie King Center on Sunday night in New Orleans. Griffin dunked his way to 38 points, but the Eastern Conference won 163-155. **CHRISTIAN PETERSEN/GETTY IMAGES**

Horoscopes

Aries

March 21 - April 20

Once the Sun changes signs tomorrow, you will be less concerned about what's taking place in the world and more concerned about what's going on inside your head. It's good to think and you'll be doing plenty over the next few days.

Taurus

April 21 - May 21

People in authority favour right now you and because of that you can get away with most things but as of tomorrow they'll expect you to become a team player.

Gemini

May 22 - June 21

The Sun in Aquarius in recent weeks has done wonders for your confidence and that's great but now you are about to be tested. Important people are watching you closely, so put on a show.

Cancer

June 22 - July 23

Try not to put yourself under pressure as the new week begins. The Sun's change of signs tomorrow will give your energy a boost but it's not an invitation to go to extremes, in your work or personal life.

Leo

July 24 - Aug. 23

If you need to make changes to a partnership do so today because once the Sun begins a new cycle tomorrow it won't be so easy. If you negotiate changes now, you won't have to pay too much for them.

Virgo

Aug. 24 - Sept. 23

Loved ones will go along with almost anything you suggest today, but only if you are polite and ask them what they think about it first.

Libra

Sept. 24 - Oct. 23

Are the good times about to end? Will you have to pay for the easy ride you've had in recent weeks? No, but as of tomorrow you may have to make more of an effort to get what takes no effort today.

Scorpio

Oct. 24 - Nov. 22

The good times may have been avoiding you of late but in a matter of days, your luck will improve a hundredfold. The Sun's change of signs tomorrow marks the start of the most dynamic and creative time of the year.

Sagittarius

Nov. 23 - Dec. 21

If you allow others to order you around they will get the impression that you are weak and will make your life a misery every chance they get. Don't let that happen.

Capricorn

Dec. 22 - Jan. 20

The Sun leaves the financial area of your chart tomorrow but you still need to take care of your money. If you let down your guard, someone will try to part you from your cash.

Aquarius

Jan. 21 - Feb. 19

You may try to rush through as many changes as possible before the Sun leaves your sign tomorrow but that would be a mistake. What's done is done and what isn't done by now is probably not worth doing.

Pisces

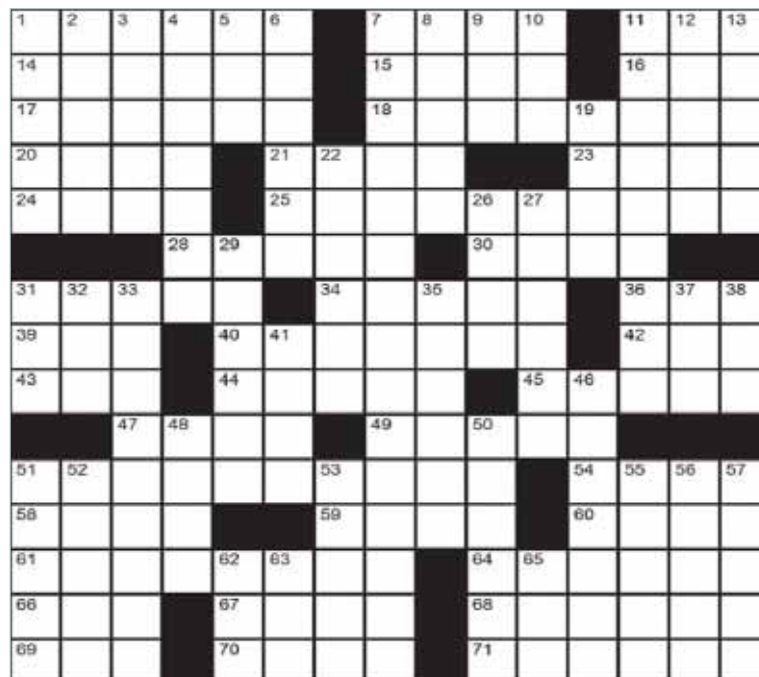
Feb. 20 - March 20

Your self-confidence may have taken a dive in recent weeks but when the Sun moves into your sign tomorrow you will get the lift you need and soon you'll soar. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Like a god
7. Pro bono TV spots, commonly
11. Craze
14. Greece: Aegean Sea island
15. 'Synth' suffix
16. Flurry
17. "...pain, ___."
18. Amulet
20. PayPal co-founder Mr. Musk
21. Keener, say
23. Baseball's Mr. Martinez
24. Office table
25. "They paved paradise / And put up a ___"
28. ___ store (Do retail)
30. Prying, variantly
31. "Wow!!!"
34. Finish, put ___ to
36. Soft & ___ (Antiperspirant brand)
39. Ooh's counterpart
40. Support garments
42. Winnie-the-Pooh writer's monogram
43. Hosp. picture
44. ___ (Plasma alternative)
45. James Cameron's "The ___" (1989)
47. Group of three
49. "___ Be Square" by Huey Lewis & The News



51. SOCHI 2014 - Canada's Tessa Virtue & Scott Moir: 2 wds.
54. President's ___ Office
58. Actress, Rooney
59. "Cast ___" (2000)
60. Bathroom floor surface
61. Shakespeare

64. Dog breed
66. And so forth [abbr.]
67. Stat. for an absentee soldier
68. Well-___ (Rich)
69. Currency in Albania
70. Synonym of 'Auto-'

71. Some instruments

Down

1. Ate
2. School, in Sherbrooke
3. Plotter in Othello, and namesakes
4. Miss Piggy puppeteer: 2 wds.
5. Gladiator's 3
6. Type of appetizer
7. Work by Russian composer Sergei Prokofiev: 4 wds.
8. Barren
9. Garlic: French
10. ___-Fi
11. Holiday on the third Monday in February in some provinces: 2 wds.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

12. John Hersey's Pulitzer-winning novel, A Bell for ___
13. '___ Disturb' sign
19. Like some silver [abbr. + pl.]
22. Duck: French
26. Ye olde rest stop
27. Acknowledges in passing: 2 wds.
29. Author/pundit, Camille ___
31. Root vegetable
32. Row
33. BC city: 2 wds.
35. Oak Ridge Boys song
37. '___' in Regina
38. AOL exchanges
41. Computer graphic
46. Distributed-illegally product
48. Suggested amts. in nutrition
50. Hitchcock horror
51. Press onward
52. ___ blanche
53. Supermodel Ms. Alt
55. European-style country home
56. Martian
57. West Yorkshire city in England
62. Not: French
63. She sheep
65. Atop, in verse

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-7° / -12°
Cloudy

Tuesday

-2° / -3°
Partly cloudy

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